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U. S. DEPARTMENT OF AGRICULTURE.
OFFICE OF EXPERIMENT STATIONS.

THE CHEMICAL COMPOSITION

OF

AMERICAN FOOD MATERIALS.

BY

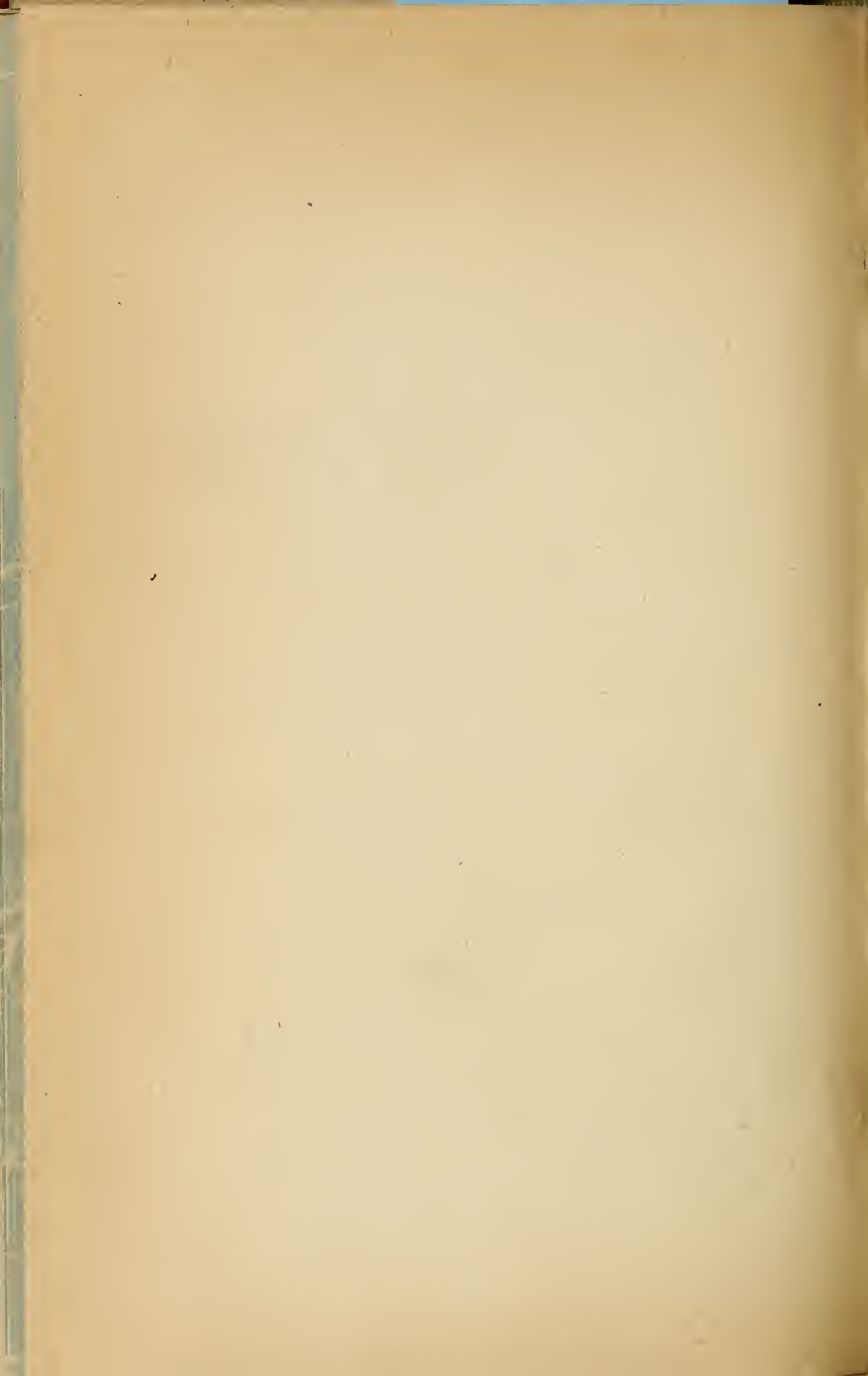
W. O. ATWATER, Ph. D.,

AND

CHAS. D. WOODS, B. S.



WASHINGTON:
GOVERNMENT PRINTING OFFICE.
1896.



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LETTER OF TRANSMITTAL.

U. S. DEPARTMENT OF AGRICULTURE,
OFFICE OF EXPERIMENT STATIONS,
Washington, D. C., January 27, 1896.

SIR: I have the honor to transmit herewith a tabular summary of analyses made in the United States of materials used for the food of man, prepared by W. O. Atwater, Ph. D., and Chas. D. Woods, B. S., under instructions from this Office.

Interest in problems relating to the food and nutrition of man is already widespread and sincere. Investigations are now being made on this subject under the auspices of the United States Department of Agriculture, the State of Connecticut, and several experiment stations. Agricultural colleges and other institutions of learning, as well as benevolent organizations and private individuals, are also taking up the work.

The time is not far distant when it will be generally recognized that man should pay at least as much attention to problems relating to his own food as to the study of the food of domestic animals. In connection with studies of the food of man in this country a standard table of analyses of American food products is very much needed. An instance of its value may not be inappropriate. Much work is at present being done to learn the dietary conditions of people in various circumstances in different regions of the country. Often it is possible to gather the needed statistics of food consumed, but for lack of laboratory conveniences it is not possible to analyze each article of food even if adequate samples for analysis could be secured. The nutritive value of dietaries might, however, in such cases be estimated with sufficient accuracy for most purposes from such a table as is contained in this bulletin.

For many years one of the chief authorities on this subject has been König's "Chemie der menschlichen Nahrungs- und Genussmittel." This includes many analyses of American food products, but they are not grouped by themselves nor are they readily available for distinctively American work.

Several American compilations have been made which cover the ground in part. Bulletin No. 11 of this Office, which contains Jenkins and Winton's "Compilation of Analyses of American Feeding Stuff's," includes many analyses of corn, flour, and similar products. The first

extended series of investigations of American food products was made in the years 1878-1881 by Professor Atwater under the auspices of the United States Fish Commission. This included a large number of analyses of food fishes and invertebrates. In connection with this work, analyses of meats and other food materials were made under the auspices of the Smithsonian Institution. The first accurate investigations of the chemical and economical statistics of food consumption in the United States were undertaken in the year 1886 by Carroll D. Wright, chief of the Massachusetts Bureau of Labor and Statistics, now United States Commissioner of Labor, in cooperation with Professor Atwater. Many analyses have also been made as part of the chemical work of the Storrs Agricultural Experiment Station in Connecticut, which has cooperated with the United States Department of Labor in dietary studies. The result of all this work was embodied in a table published in Bulletin 21 of this Office and reprinted in the Yearbook of this Department for 1894.

A large number of specimens of food have since been analyzed, in connection with studies of dietaries and otherwise, in New England, New York, New Jersey, Pennsylvania, Indiana, Missouri, Tennessee, Alabama, and Illinois (Chicago). The Division of Chemistry of this Department has analyzed a considerable number and others have accumulated in various ways. The most extended investigation in this line was performed at the instance of the World's Columbian Commission under the direction of Professor Atwater. Some five hundred specimens of food products collected at the World's Fair were analyzed at Chicago or at Middletown, Conn. The details still await publication, but the final results have been included with others in the present compilation.

In the present publication it is the intention to give the maximum, minimum, and average of all the analyses which have been made of American food products up to date, excepting butter and other dairy products. The ground has been thoroughly gone over and upward of 2,600 analyses have been compiled. As a necessary basis for this table the individual analyses have been collated in detail and will be available for publication hereafter. The number of analyses of butter and other dairy products is so great, and the literature of the subject is so large, that a compilation of the results may be appropriately taken up in a special publication.

In the present form the standard table of food analyses is more complete and satisfactory than any similar table which has preceded it, and I respectfully recommend its publication as Bulletin No. 28 of this Office.

A. C. TRUE,
Director.

HON. J. STERLING MORTON,
Secretary of Agriculture.

THE CHEMICAL COMPOSITION OF AMERICAN FOOD MATERIALS.

INTRODUCTION.

Until about the year 1880 those who wished to know about the chemical composition and nutritive values of food materials were compelled to depend upon analyses of European products, and most of those analyses had been made in German laboratories. Of late, American investigations have accumulated and the results have been collated from time to time. The tables of composition of American food products, embraced in this publication, embody such analyses as the compilers have been able to find on record up to July 1, 1895. The individual analyses in most cases have not been given, but only the maximum, minimum, and average figures. This table is intended to replace previous ones and to serve as a standard for reference until it shall, in its turn, be replaced by larger and more complete compilations.

BRIEF HISTORY OF FOOD ANALYSIS.

The first effective impulse to the systematic investigation of the chemistry of food was given by Liebig some fifty years ago. Nearly all of our definite knowledge of the chemical composition of food materials and their nutritive value, however, has accumulated within comparatively a few years past. The earliest European analyses made in such ways as to render them comparable with those of to-day are perhaps those of milk by Boussingault and Le Bel, reported in 1831. The methods of analysis at that time were naturally imperfect. Then, and for some years afterwards, the chief stress was laid upon the proportions of carbon and nitrogen. Liebig and his followers, Playfair, Boeckman, and others, in the forties and later, analyzed a considerable number of foods and feeding stuffs by methods more or less analogous to those now followed. It was not until the so-called Weende method, as proposed by Henneberg, came into general use about 1864 that any considerable number of chemists undertook a systematic study of food materials from the standpoint of their nutritive values. The Weende method has been used for some thirty years in Europe, America, and Asia. Individual investigators and associations of chemists have studied its details and devised ways by which it might be improved. Minor alterations have been adopted, and in several countries details have been agreed on officially by organizations representing experiment stations and Gov-

ernment officers charged with the responsibility of making analyses in the interests of the public. The methods followed in different countries agree so closely that for the last twenty years it has been possible to accept analyses by chemists in different parts of the world and compare them one with another without hesitation. The first analyses made by modern methods in the United States were a series of analyses of Indian corn in 1869.¹ Excepting the investigations of Professor Storer, at the Bussey Institute, little work in this line was done until the establishment of the experiment stations. Since that time a large number of analyses have been made. Jenkins and Winton's "Compilation of Analyses of American Feeding Stuff" includes analyses of grain and vegetables and is complete up to 1891. A very large number of analyses of food fishes, oysters, etc., have been published. Many analyses of meat, flour, etc., have been made in connection with dietary studies. In the present compilation the results of all these have been included, as well as the analyses of some 500 specimens of food made at the instance of the World's Columbian Commission and not yet published in detail.

Up to the present time no standard work has existed in English giving the results of American analyses of American materials used as the food of man. König's classic compilation² includes many of them, but they do not form a chapter by themselves. They are included in the average of results from many other sources, but are not readily available for American work.

CONTENTS OF THE TABLE OF ANALYSES.

The following tabular statement shows the number of specimens of each of the several classes of foods included in this compilation. The vegetable food materials include all those used for the food of man, of which analyses are given in Jenkins and Winton's compilation, and all the others that we have been able to find since that compilation was made. The "preserved" specimens were salted, pickled, canned, and other preserved meats, fish, milk, vegetables, and the like. The analyses of meats include analyses of whole sides, which were divided into "cuts," each "cut" being analyzed separately. The number of sides thus analyzed were: Beef, 12; veal, 6; lamb, 3; mutton, 32; pork, 3; total, 56.

In collating the material for the present compilation we have used the results of over 1,000 unpublished analyses by ourselves and associates.

No attempt has been made to collect here all of the published analyses of milk and butter. Such a task would be difficult because of the large number of analyses made for inspection and otherwise, and the

¹On the proximate Composition of Several Varieties of American Maize, by W. O. Atwater, American Journal of Science and Arts, XLVII, Nov., 1869.

²Chemie der menschlichen Nahrungs- und Genussmittel.

number and diversity of the publications in which they are scattered. The figures in the table are estimates based on the data conveniently at hand, and suffice to show the range of variation and the average composition.

Number of analyses of specimens of American foods included in the compilation from which the figures in the table of composition of foods were obtained.

Food materials.	Fresh specimens.	Preserved specimens.	Total.
ANIMAL FOODS.			
Beef.....	336	78	414
Veal.....	88		88
Lamb.....	13	1	14
Mutton.....	77	2	79
Pork.....	61	71	132
Sausage.....			41
Fish.....	109	31	140
Shellfish, etc.....	61	10	71
Fowl.....	20	4	24
Eggs.....			39
Cheese.....			87
Condensed milk.....			7
Soups.....		26	26
Miscellaneous.....			14
Total animal food materials.....			1,176
VEGETABLE FOODS.			
<i>Cereals, sugar, etc.</i>			
Barley meal.....	7		7
Buckwheat flour, etc.....	15		15
Corn meal, etc.....	25		25
Oat meal, etc.....	24		24
Rice.....	20		20
Rye flour and meal.....	7		7
Wheat flour.....	191		191
Other wheat preparations.....	35		35
Bread, crackers, cake, etc.....	184		184
Sugars, starches, etc.....	113		113
Total cereals, sugar, etc.....	621		621
<i>Vegetables.</i>			
Beets, turnips, and other roots.....	72	3	75
Beans and peas.....	33	159	192
Potatoes.....	75		75
Sweet potatoes.....	88	2	90
Other vegetables.....	65	114	179
Total vegetables.....	333	278	611
<i>Fruits, etc.</i>			
Fruits, nuts, etc.....	47	36	83
Fruits incompletely analyzed.....	76	5	81
Total fruits, nuts, etc.....	123	41	164
Total vegetable food materials.....			1,396
Total food materials.....			2,572

It thus appears that not far from 2,600 analyses of American food products, exclusive of butter and milk, are now available. These give a tolerably fair idea of the range of variation and the average composition of the more important food materials used for the food of man in the United States. More analyses are of course desirable, but they will naturally accumulate in connection with food investigations and dietary studies now being carried on. It is perhaps hardly worth while at present to make more analyses of the more common materials—as meat, flour, and the like—except in so far as they will have use in

connection with such studies. There are, however, some classes of materials—as canned foods and fish—of which further analyses might be made with advantage simply to learn more of their nutritive value.

EXPLANATIONS OF TERMS.

COMPOSITION OF FOOD MATERIALS.

Ordinary food materials, such as meat, fish, eggs, potatoes, wheat, etc., consist of—

Refuse.—As the bones of meat and fish, shells of shellfish, skin of potatoes, bran of wheat, etc.

Edible portion.—As the flesh of meat and fish, the white and yolk of eggs, wheat flour, etc. The edible portion consists of *water* and *nutritive ingredients* or *nutrients*.

The principal kinds of nutritive ingredients are *protein*, *fats*, *carbohydrates*, and *ash* or *mineral matters*.

The water and refuse of various foods and the salt of salted meat and fish are called nonnutrients. In comparing the values of different food materials for nourishment they are left out of account.

Protein.—Protein is commonly obtained by multiplying the total nitrogen by 6.25.¹ It includes three principal classes of substances:

(1) Proteids, including (*a*) albuminoids: e. g., albumen of eggs; myosin, the basis of muscle (lean meat); the albuminoids which make up the gluten of wheat, etc., and (*b*) gelatinoids, constituents of connective tissue which yield gelatin and allied substances, e. g., collagen of tendon, ossein of bone.

(2) “Nitrogenous extractives” or meat basis of flesh, i. e., of meats and fish. These include creatin and allied compounds, and are the chief ingredients of beef tea and most meat extracts.

(3) Amids. This term is frequently applied to the nitrogenous non-albuminoid compounds of vegetable foods and feeding stuffs, among which are amido-acids, such as aspartic acid and asparagin. Some of them are more or less allied in chemical constitution to the nitrogenous extractives of muscle.

Fats.—Under fats is included the total ether extract. Familiar examples of fat are fat of meat, fat of milk, oil of corn, wheat, etc. The ingredients of the “ether extract” of animal and vegetable foods and feeding stuffs, which it is customary to group together roughly as fats, include with the true fats various other substances, as lecithins and chlorophylls.

Carbohydrates.—Carbohydrates are usually determined by difference, and include sugars, starches, cellulose, gums, woody fiber, etc.

Ash or *mineral matters* include potassium, sodium, calcium, and magnesium chlorids, sulphates, and superphosphates.

¹ In the flesh of meats and fish, which contain practically no carbohydrates, the figures given in the table for protein were obtained by difference, that is, by adding the percentages of water, fat, and ash, and subtracting from 100.

Fuel value.—Fuel value represents the number of calories of heat which one pound of a given material would yield upon combustion, allowance being made for the nitrogenous products of metabolism of protein compounds which are not consumed in the body.

CUTS OF MEATS.

The methods of cutting sides of beef, mutton, and veal and pork into parts and the terms used for the “cuts,” as these parts are commonly called, vary in different localities. The terms here used will be made more clear by the following diagrams:¹

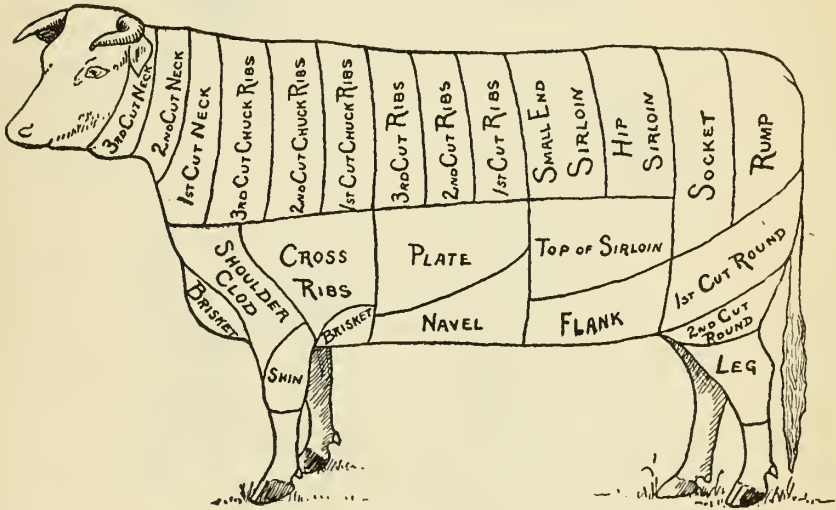


FIG. 1.—Diagram of cuts of beef.

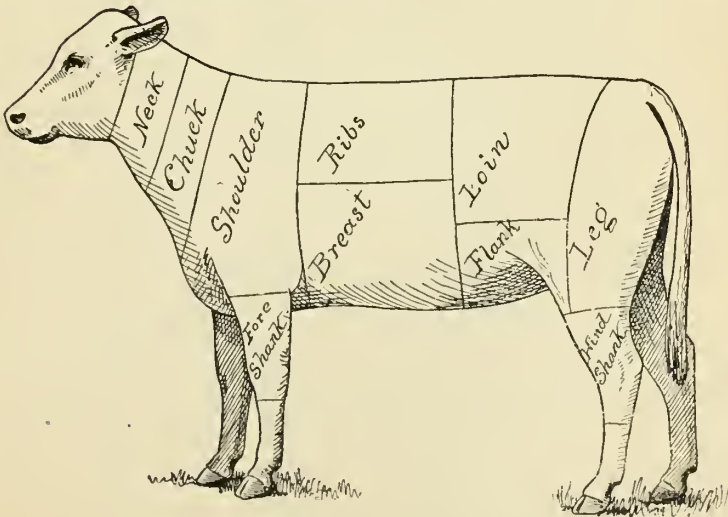


FIG. 2.—Diagram of cuts of veal.

¹ From Farmers' Bulletin No. 34.

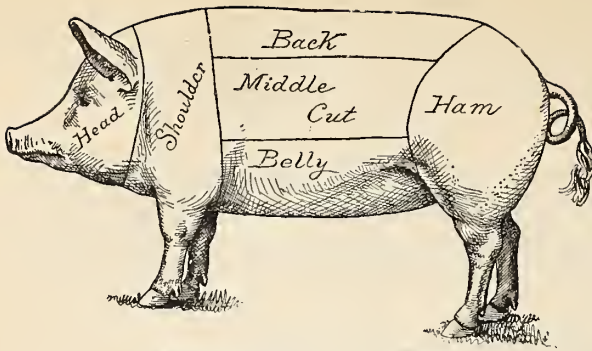


FIG. 3.—Diagram of cuts of pork.

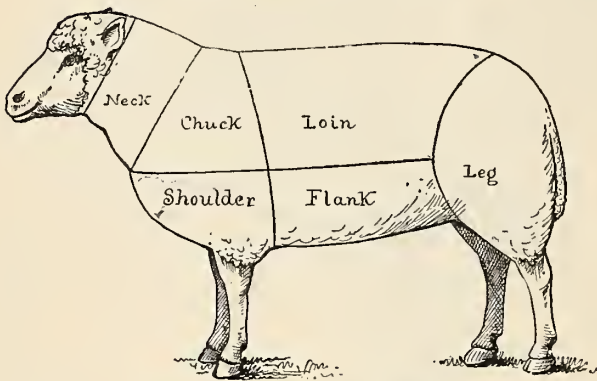


FIG. 4.—Diagram of cuts of mutton.

COMPOSITION OF AMERICAN FOOD PRODUCTS.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD.									
<i>Beef, fresh.</i>									
Brisket:			<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Medium fat.	{ Edible portion.....	1		47.4	14.6	37.2		0.8	1,840
	{ As purchased.....	1	14.3	40.6	12.5	31.9		.7	1,580
Chuck, including shoulder:									
Very lean...	{ Min ..	2		71.7	19.6	3.9		1.0	560
	{ Edible portion ..	2		73.8	21.3	7.7		1.0	690
	{ Avg.	2		72.8	20.4	5.8		1.0	625
	{ Min ..	2		17.4	16.2	3.2		.8	460
	{ As purchased ..	2		18.4	16.2	3.2		.8	570
	{ Avg.	2		17.9	16.8	4.8		.8	515
Lean.....	{ Min ..	9		69.8	19.4	5.8		.9	615
	{ Edible portion ..	9		73.4	20.5	9.0		1.1	755
	{ Avg.	9		71.2	19.9	7.8		1.1	700
	{ Min ..	9		18.1	14.3	4.5		.7	475
	{ As purchased ..	9		33.1	16.8	7.6		.9	635
	{ Avg.	9		23.7	15.2	6.0		.8	535
Medium fat.	{ Min ..	7		64.3	18.0	9.5		.9	770
	{ Edible portion ..	7		69.7	19.8	15.2		1.0	1,005
	{ Avg.	7		67.8	19.0	12.3		.9	870
	{ Min ..	7		10.5	14.0	7.7		.7	625
	{ As purchased ..	7		28.1	16.8	12.4		.8	815
	{ Avg.	7		17.0	15.7	10.2		.8	720
Fat	{ Min ..	4		59.9	17.7	17.1		.8	1,050
	{ Edible portion ..	4		64.2	18.2	21.1		1.0	1,230
	{ Avg.	4		62.3	18.0	18.8		.9	1,125
	{ Min ..	3		12.0	14.7	14.8		.6	915
	{ As purchased ..	3		19.2	16.0	17.1		.8	995
	{ Avg.	3		14.7	15.3	15.9		.7	955
Very fat....	{ Min ..	2		50.7	16.6	26.1		.8	1,425
	{ Edible portion ..	2		55.7	17.3	31.9		.9	1,655
	{ Avg.	2		53.2	16.9	29.0		.9	1,540
	{ Min ..	2		11.2	11.3	17.1		.6	930
	{ As purchased ..	2		34.5	14.8	28.3		.7	1,470
	{ Avg.	2		22.8	13.0	22.7		.7	1,200
All analyses	{ Min ..	24		50.7	16.6	3.9		.8	560
	{ Edible portion ..	24		73.8	21.3	31.9		1.0	1,615
	{ Avg.	24		67.3	19.1	12.6		1.0	885
	{ Min ..	23		10.5	11.3	3.2		.6	460
	{ As purchased ..	23		34.5	17.4	28.3		.8	1,470
	{ Avg.	23		19.9	15.3	9.9		.8	705
Chuck ribs:									
Lean.....	{ Edible portion.....	1		66.2	18.0	14.8		1.0	960
	{ As purchased.....	1	9.8	59.7	16.3	13.3		.9	865
Medium fat.	{ Min ..	4		52.8	16.1	20.1		.8	1,175
	{ Edible portion ..	4		61.4	19.0	30.3		1.1	1,580
	{ Avg.	4		57.3	17.4	24.4		.9	1,355
	{ Min ..	4		5.4	13.5	17.7		.7	1,035
	{ As purchased ..	4		19.7	15.6	28.6		.9	1,490
	{ Avg.	4		13.8	15.0	21.1		.8	1,170
Fat	{ Min ..	1		51.3	16.0	32.0		.7	1,650
	{ Edible portion ..	1		43.6	13.6	27.2		.6	1,400
	{ Avg.	1	15.0	51.3	16.0	14.8		.7	960
	{ Min ..	6		66.2	19.0	32.0		1.0	1,650
	{ Edible portion ..	6		57.8	17.3	24.0		.9	1,335
	{ Avg.	6		5.4	13.5	13.3		.6	865
All analyses	{ Min ..	6		19.7	16.3	27.2		.9	1,400
	{ As purchased ..	6		13.3	15.0	20.8		.8	1,155
	{ Avg.	6		13.3	15.0	20.8		.8	1,155
Flank:									
Very lean...	{ Edible portion.....	1		69.6	21.2	8.3		.9	745
	{ As purchased.....	1	.7	69.2	21.0	8.2		.9	735
Lean	{ Min ..	2		66.0	19.4	12.4		.9	895
	{ Edible portion ..	2		67.0	20.0	13.7		1.0	940
	{ Avg.	2		66.3	19.7	13.0		1.0	915
	{ Min ..	2		2.0	19.0	12.1		1.0	875
	{ As purchased ..	2		2.3	19.6	13.2		1.0	910
	{ Avg.	2		2.1	19.3	12.7		1.0	895

Composition of American food products—Continued.

Food materials.			Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.										
Beef, fresh—Continued.										
Flank—Continued.				Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.
Medium fat.	Edible portion	Min	4		57.4	17.4	18.7		.8	1,130
		Max	4		62.2	18.2	24.3		.9	1,350
		Avg	4		59.8	17.9	21.5		.8	1,240
	As purchased	Min	4	1.1	52.3	15.7	18.5		.8	1,115
		Max	4	11.8	61.4	18.0	24.0		.9	1,330
		Avg	4	3.8	57.5	17.2	20.7		.8	1,195
Fat.....	Edible portion	Min	3		53.5	15.4	27.2		.8	1,465
		Max	3		54.9	17.4	30.3		.8	1,565
		Avg	3		54.2	16.6	28.4		.8	1,505
	As purchased	Min	2	1.7	49.1	14.2	26.7		.7	1,435
		Max	2	8.3	53.9	16.9	27.7		.8	1,435
		Avg	2	5.0	51.5	15.6	27.2		.7	1,435
Very fat....	Edible portion	Min	2		27.4	12.0	43.8		.7	2,100
		Max	2		41.9	13.6	59.9		.7	2,750
		Avg	2		34.7	12.8	51.8		.7	2,425
	As purchased	Min	2	.4	24.3	10.6	43.6		.6	2,090
		Max	2	11.5	41.8	13.5	53.0		.7	2,435
		Avg	2	6.0	33.0	12.0	48.3		.7	2,260
All analyses	Edible portion	Min	12		27.4	12.0	8.3		.7	745
		Max	12		69.6	21.2	59.9		1.0	2,750
		Avg	12		56.1	17.3	25.8		.8	1,410
	As purchased	Min	11	.4	24.3	10.6	8.2		.6	735
		Max	11	17.8	69.2	21.0	53.0		1.0	2,435
		Avg	11	3.8	54.4	16.7	24.3		.8	1,335
Loin:										
Very lean...	Edible portion	1		71.3	18.7	9.0		1.0	730	
	As purchased	1	20.4	56.8	14.9	7.2		.7	580	
Lean.....	Edible portion	Min	12		63.1	13.1	11.5		.7	730
		Max	12		74.7	23.1	15.0		1.2	990
		Avg	12		67.0	19.3	12.7		1.0	895
	As purchased	Min	11	6.7	52.1	15.4	10.0		.6	645
		Max	11	21.0	66.2	19.8	13.0		1.0	860
		Avg	11	13.1	58.2	16.7	11.1		.9	780
Medium fat.	Edible portion	Min	28		56.5	10.6	16.1		.5	1,030
		Max	28		68.3	20.2	23.7		2.2	1,350
		Avg	28		60.5	18.3	20.2		1.0	1,190
	As purchased	Min	28	4.1	44.4	8.5	13.7		.4	860
		Max	28	22.1	58.1	19.0	22.7		1.9	1,290
		Avg	28	13.0	52.6	15.9	17.6		.9	1,040
Fat.....	Edible portion	Min	6		52.1	15.8	25.1		.8	1,375
		Max	6		56.9	17.8	29.6		.9	1,560
		Avg	6		54.7	16.8	27.6		.9	1,475
	As purchased	Min	6	5.9	44.3	13.8	23.6		.7	1,280
		Max	6	15.0	53.6	16.1	25.9		.9	1,380
		Avg	6	10.2	49.2	15.8	24.0		.8	1,305
Very fat....	Edible portion	Min	2		51.1	16.3	31.5		.8	1,635
		Max	2		51.3	16.5	31.6		.9	1,635
		Avg	2		51.2	16.4	31.5		.9	1,635
	As purchased	Min	2	3.6	45.2	14.4	27.8		.7	1,440
		Max	2	11.9	49.2	15.9	30.4		.9	1,580
		Avg	2	7.8	47.2	15.1	29.1		.8	1,510
All analyses	Edible portion	Min	49		51.1	10.6	9.0		.5	730
		Max	49		74.7	23.1	31.6		2.2	1,635
		Avg	49		61.2	18.3	19.5		1.0	1,160
	As purchased	Min	48	3.6	44.3	8.5	7.2		.4	580
		Max	48	22.1	66.2	19.8	30.4		1.9	1,580
		Avg	48	12.6	53.3	15.9	17.3		.9	1,025
Loin, boneless strip:										
Very lean, as purchased		1		77.2	18.0	4.0		.8	500	
Lean, as purchased		1		66.3	20.5	12.2		1.0	895	
Medium fat, as purchased	Min	2		55.6	19.3	19.2		1.0	1,170	
	Max	2		60.5	22.7	20.5		1.2	1,285	
	Avg	2		58.1	21.0	19.8		1.1	1,230	
Fat, as purchased		1		53.6	16.8	28.8		.8	1,530	
Very fat, as purchased		1		50.9	16.0	32.4		.7	1,665	
All analyses, as purchased	Min	6		50.9	18.0	4.0		.7	500	
	Max	6		77.2	22.7	32.4		1.2	1,665	
	Avg	6		60.7	18.9	19.5		.9	1,175	
Loin, sirloin butt:										
Very lean, as purchased		1		72.1	20.5	6.4		1.0	650	
Lean, as purchased		1		68.5	19.8	10.7		1.0	820	
Medium fat, as purchased	Min	2		60.4	18.9	14.7		.9	995	
	Max	2		63.7	20.5	19.8		1.1	1,190	
	Avg	2		62.1	19.7	17.2		1.0	1,095	
Fat, as purchased		1		58.6	17.1	23.5		.8	1,310	

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.								
<i>Beef, fresh—Continued.</i>								
Loin, sirloin butt—Continued.		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Very fat, as purchased.....	1		51.6	16.6	31.0		.8	1,615
All analyses, as purchased.....	{ Min	6	51.6	16.6	6.4		.8	650
	{ Max	6	72.1	20.5	31.0		1.1	1,615
	{ Avg.	6	62.5	18.9	17.7		.9	1,100
Loin, tenderloin:								
Lean, as purchased.....	{ Min	2	62.6	16.7	17.2		.9	1,055
	{ Max	2	64.2	17.6	19.8		1.0	1,145
	{ Avg.	2	63.4	17.2	18.5		.9	1,100
Medium fat, as purchased.....	{ Min	4	53.5	11.3	21.6		.6	1,120
	{ Max	4	66.5	16.9	29.9		.8	1,545
	{ Avg.	4	57.1	14.8	27.3		.8	1,430
All analyses, as purchased.....	{ Min	6	53.5	11.3	17.2		.6	1,055
	{ Max	6	64.2	17.6	29.9		1.0	1,545
	{ Avg.	6	59.2	15.6	24.4		.8	1,320
Loin, top of sirloin:								
Medium fat. { Edible portion.....	1		42.2	13.3	43.7		.8	2,090
As purchased.....	1	3.2	40.9	12.9	42.3		.7	2,025
Loin, trimmings:								
Lean.....	{ Min	2	65.3	18.8	13.6		.9	925
	{ Edible portion..	2	66.7	18.8	15.0		.9	985
	{ Max	2	66.0	18.8	14.3		.9	955
	{ Min	2	31.9	10.9	3.2	2.5	.2	165
	{ As purchased..	2	83.2	45.4	12.8	9.3	.6	630
	{ Avg.	2	57.6	28.1	8.0	5.9	.4	400
Medium fat.	{ Edible portion.....	1	54.5	15.9	28.7		.9	1,505
	{ As purchased.....	1	38.0	33.7	9.9	17.8	.6	935
Fat.....	{ Min	3	45.8	14.4	36.0		.7	1,785
	{ Edible portion..	3	48.9	14.8	38.6		.8	1,905
	{ Max	3	47.7	14.6	36.9		.8	1,830
	{ Min	3	31.6	12.2	4.0	10.3	.2	510
	{ As purchased..	3	73.3	33.2	10.0	24.7	.5	1,230
	{ Avg.	3	46.6	25.7	7.8	19.5	.4	965
All analyses	{ Min	6	45.8	14.4	13.6		.7	925
	{ Edible portion..	6	66.7	18.8	36.9		.9	1,830
	{ Max	6	55.0	16.2	28.0		.8	1,480
	{ Min	6	31.6	10.9	3.2	2.5	.2	165
	{ As purchased..	6	83.2	45.4	12.8	24.7	.6	1,230
	{ Avg.	6	48.8	27.9	8.2	14.7	.4	775
Navel.....	{ Edible portion.....	1	47.6	15.1	36.5		.8	1,820
	{ As purchased.....	1	11.4	42.2	13.4	32.3	.7	1,610
Neck:								
Very lean ..	{ Edible portion.....	1	71.8	22.3	4.9		1.0	625
	{ As purchased.....	1	35.2	46.5	14.5	3.2	.6	405
Lean	{ Edible portion.....	1	71.0	20.0	8.0		1.0	710
	{ As purchased.....	1	29.0	50.4	14.2	5.7	.7	505
Medium fat.	{ Min	10	60.5	18.4	11.5		.8	850
	{ Edible portion..	10	67.9	20.4	19.8		1.1	1,185
	{ Max	10	63.4	19.2	16.5		.9	1,055
	{ Min	10	19.5	37.8	12.4	8.6	.5	665
	{ As purchased..	10	37.5	50.8	16.0	15.4	.8	890
	{ Avg.	10	27.6	45.9	13.9	11.9	.7	760
All analyses	{ Min	12	60.5	18.4	4.9		.8	625
	{ Edible portion..	12	71.8	22.3	19.8		1.1	1,185
	{ Max	12	64.8	19.5	14.8		.9	990
	{ Min	12	19.5	37.8	12.4	3.2	.5	405
	{ As purchased..	12	37.5	50.8	16.0	15.4	.8	890
	{ Avg.	12	28.4	46.3	13.9	10.7	.7	710
Plate:								
Very lean...	{ Min	2	67.0	19.8	10.6		.9	815
	{ Edible portion..	2	68.7	20.0	11.9		1.1	875
	{ Max	2	67.9	19.9	11.2		1.0	840
	{ Min	2	18.3	47.1	14.1	8.3	.8	610
	{ As purchased..	2	29.7	56.1	16.1	8.7	.8	665
	{ Avg.	2	24.0	51.6	15.1	8.5	.8	640
Lean	{ Min	3	60.8	8.6	16.5		.4	855
	{ Edible portion..	3	74.5	17.8	20.8		.9	1,205
	{ Max	3	65.9	14.6	18.8		.7	1,065
	{ Min	3	15.7	51.3	6.9	13.2	.3	685
	{ As purchased..	3	19.8	59.8	14.9	17.5	.7	1,015
	{ Avg.	3	17.3	54.4	12.2	15.5	.6	880
Medium fat.	{ Min	6	48.7	14.7	25.0		.7	1,360
	{ Edible portion..	6	57.5	16.7	35.6		.9	1,780
	{ Max	6	53.5	15.6	30.1		.8	1,560
	{ Min	6	13.1	42.2	12.0	20.4	.6	1,120
	{ As purchased..	6	18.3	49.0	14.1	30.9	.7	1,545
	{ Avg.	6	15.2	45.4	13.2	25.5	.7	1,320

Composition of American food products—Continued.

Food materials.			Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.											
<i>Beef, fresh</i> —Continued.											
Plate—Continued.				<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Fat	{	Edible portion	{ Min ..	22	44.4	12.4	39.4		.7	1,950	
			{ Max ..	22	45.0	15.4	41.9		.8	2,000	
			{ Avg ..	22	44.7	13.9	40.7		.7	1,975	
		As purchased..	{ Min ..	22	15.0	36.4	10.6	32.4		.5	1,600
			{ Max ..	22	17.9	38.3	12.6	35.6		.7	1,700
Very fat	{		{ Avg ..	22	16.5	37.3	11.6	34.0		.6	1,650
		Edible portion	1	34.6	9.8	55.1		.5	2,505		
		As purchased..	1	9.0	31.4	8.9	50.2		.5	2,285	
		All analyses	{ Min ..	14	34.6	8.6	10.6		.4	815	
			{ Max ..	14	68.7	20.0	55.1		1.1	2,505	
{ Avg ..	14		55.6	15.4	28.2		.8	1,475			
Ribs:	{	As purchased..	{ Min ..	14	9.0	31.4	6.9	8.3		.3	610
			{ Max ..	14	29.7	59.8	16.1	50.2		.8	2,285
			{ Avg ..	14	16.7	46.0	12.7	23.9		.7	1,245
		Very lean...	{	Edible portion	1	72.6	21.1	5.6		.7	630
				As purchased..	1	26.7	53.2	15.5	4.1		.5
Lean.....	{ Min ..			6	66.0	16.9	9.8		.8	780	
	{ Max ..			6	69.5	20.8	14.0		1.0	945	
	{ Avg ..			6	67.9	19.1	12.0		1.0	860	
Medium fat.	{	As purchased..	{ Min ..	6	12.8	46.7	12.4	6.8		.6	530
			{ Max ..	6	32.6	60.7	17.1	11.0		.9	745
			{ Avg ..	6	22.6	52.6	14.8	9.3		.7	670
		Fat	{	{ Min ..	14	49.9	15.9	18.0		.8	1,095
				{ Max ..	14	63.0	18.0	32.9		1.1	1,690
{ Avg ..	14			55.4	16.9	26.8		.9	1,445		
All analyses	{	As purchased..	{ Min ..	14	15.3	40.2	12.0	12.8		.4	780
			{ Max ..	14	28.7	49.9	14.6	26.5		.9	1,360
			{ Avg ..	14	20.8	43.8	13.4	21.3		.7	1,150
		Fat	{	{ Min ..	8	47.4	14.8	33.9		.6	1,715
				{ Max ..	8	50.2	16.5	36.8		.8	1,830
{ Avg ..	8			48.1	15.4	35.8		.7	1,795		
Rib rolls:	{	As purchased..	{ Min ..	7	6	34.3	11.0	27.9		.5	1,410
			{ Max ..	7	24.4	47.8	15.6	39.9		.7	1,890
			{ Avg ..	7	16.1	39.5	12.6	31.2		.6	1,550
		All analyses	{	{ Min ..	29	47.4	14.8	5.6		.6	630
				{ Max ..	29	72.6	20.8	36.8		1.1	1,830
{ Avg ..	29			56.6	17.1	25.5		.8	1,395		
Very lean, as purchased	{	As purchased..	{ Min ..	28	6	34.3	11.0	4.1		.4	460
			{ Max ..	28	32.6	60.7	17.1	39.9		.9	1,890
			{ Avg ..	28	20.2	44.9	13.6	20.6		.7	1,120
		Lean, as purchased	{	{ Min ..	2	73.3	19.6	4.6		1.0	590
				{ Max ..	2	74.0	21.1	5.4		1.0	595
{ Avg ..	2			73.7	20.3	5.0		1.0	595		
Medium fat	{ Min ..			3	67.3	18.5	8.4		.9	730	
	{ Max ..			3	70.5	20.1	13.3		1.0	905	
Medium fat, as purchased	{	As purchased..	{ Avg ..	3	69.0	19.5	10.5		1.0	805	
			{ Min ..	4	60.7	18.0	15.3		.9	985	
			{ Max ..	4	65.6	19.1	20.4		.9	1,195	
		Fat, as purchased	{	{ Avg ..	4	63.9	18.5	16.7		.9	1,050
				{ Min ..	2	50.5	16.3	30.5		.8	1,595
{ Max ..	2			52.4	16.6	32.1		.8	1,665		
All analyses, as purchased	{	As purchased..	{ Avg ..	2	51.5	16.4	31.3		.8	1,630	
			{ Min ..	11	50.5	16.3	4.6		.8	590	
			{ Max ..	11	74.0	21.1	32.1		1.0	1,665	
			{ Avg ..	11	64.8	18.7	15.6		.9	1,005	
		Rib trimmings:	{	Edible portion	1	71.6	20.9	6.5		1.0	665
As purchased..	1			42.6	41.1	12.0	3.7		.6	380	
Medium fat	{ Min ..			7	49.3	14.3	17.9		.8	1,095	
	{ Max ..			7	62.9	18.3	35.7		.9	1,775	
	{ Avg ..			7	57.4	16.8	25.0		.8	1,370	
Fat	{	As purchased..	{ Min ..	7	31.0	30.3	8.8	12.3		.4	710
			{ Max ..	7	44.8	43.2	12.6	22.0		.6	1,100
			{ Avg ..	7	34.8	37.4	10.9	16.3		.6	890
		Very fat	{	{ Min ..	2	45.9	13.6	35.4		.7	1,765
				{ Max ..	2	49.2	14.7	39.8		.7	1,935
{ Avg ..	2			47.6	14.1	37.6		.7	1,850		
All analyses	{	As purchased..	{ Min ..	2	30.1	28.5	8.4	24.8		.4	1,200
			{ Max ..	2	37.9	34.4	10.2	24.8		.5	1,235
			{ Avg ..	2	34.0	31.5	9.3	24.8		.4	1,220
		Very fat	{	Edible portion	1	33.9	10.7	54.9		.5	2,515
				As purchased..	1	20.9	26.8	8.4	43.5		.4

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.									
<i>Beef, fresh—Continued.</i>									
Rib trimmings—Continued.			<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
All analyses	{ Min ..	11		33.9	10.7	6.5		.5	665
	{ Edible portion ..	11		71.6	20.9	54.9		1.0	2,515
	{ Max ..	11		54.7	16.1	28.4		.8	1,500
	{ Avg ..	11		20.9	26.8	8.4		.4	380
	{ As purchased ..	11		44.8	43.2	12.6		.6	1,990
	{ Max ..	11		34.1	35.7	10.5		.5	1,005
Ribs, cross:									
Very lean...	{ Edible portion ..	1		65.8	18.4	14.9		.9	970
	{ As purchased ..	1		12.8	57.4	16.1		.7	850
Medium fat.	{ Edible portion ..	1		43.9	13.7	41.6		.8	2,010
	{ As purchased ..	1		12.2	38.6	12.0		.7	1,765
All analyses	{ Min ..	2		43.9	13.7	14.9		.8	970
	{ Edible portion ..	2		65.8	18.4	41.6		.9	2,010
	{ Max ..	2		54.9	16.0	28.3		.8	1,490
	{ Avg ..	2		12.2	38.6	12.0		.7	855
	{ As purchased ..	2		12.8	57.4	16.4		.7	1,765
	{ Max ..	2		12.5	48.0	14.1		.7	1,305
Round:									
Very lean...	{ Min ..	4		72.2	22.0	1.3		1.0	465
	{ Edible portion ..	4		75.4	22.2	4.5		1.2	600
	{ Max ..	4		73.6	22.1	3.2		1.1	545
	{ Avg ..	4		9.1	59.6	18.3		1.0	455
	{ As purchased ..	4		17.4	72.8	21.4		1.1	525
	{ Max ..	4		10.2	66.1	19.9		1.0	490
Lean.....	{ Min ..	25		68.6	19.0	5.1		.3	590
	{ Edible portion ..	25		73.6	22.1	10.0		1.3	795
	{ Max ..	25		70.3	20.9	7.7		1.1	715
	{ Avg ..	23		4.8	57.2	16.9		.3	540
	{ As purchased ..	23		17.3	68.8	20.3		1.2	735
	{ Max ..	23		8.8	64.2	18.9		1.0	650
Medium fat.	{ Min ..	16		62.6	18.6	10.6		.9	815
	{ Edible portion ..	16		68.4	21.6	17.8		1.2	1,095
	{ Max ..	16		65.8	19.7	13.5		1.0	935
	{ Avg ..	15		3.7	57.6	16.8		.8	780
	{ As purchased ..	15		11.2	65.9	19.9		1.0	1,025
	{ Max ..	15		7.7	60.7	18.1		.9	870
Fat, as purchased ..		1		57.8	18.9	22.3		1.0	1,295
Very fat....	{ Edible portion ..	1		56.8	17.6	24.7		.9	1,370
	{ As purchased ..	1		6.4	53.2	16.5		.8	1,280
All analyses	{ Min ..	47		56.8	17.6	23.1		.3	465
	{ Edible portion ..	47		75.4	22.2	24.7		1.3	1,370
	{ Max ..	47		68.5	20.2	10.0		1.1	800
	{ Avg ..	44		3.7	53.2	16.5		.3	455
	{ As purchased ..	44		17.4	72.8	21.4		1.2	1,280
	{ Max ..	44		8.5	63.0	18.7		1.0	720
Round steak, second cut:									
Medium fat.	{ Edible portion ..	1		69.5	20.6	8.6		1.3	745
	{ As purchased ..	1		32.1	47.2	14.0		.9	505
Rump:									
Very lean...	{ Min ..	4		67.4	21.2	3.2		1.1	535
	{ Edible portion ..	4		74.2	21.5	10.0		1.2	820
	{ Max ..	4		70.0	21.4	7.4		1.2	710
	{ Avg ..	4		9.9	57.6	17.8		1.0	480
	{ As purchased ..	4		17.3	67.8	21.2		1.1	810
	{ Max ..	4		7.5	64.7	19.8		1.1	660
Lean.....	{ Min ..	2		62.1	19.2	10.5		1.0	820
	{ Edible portion ..	2		68.3	20.2	17.7		1.0	1,105
	{ Max ..	2		65.2	19.7	14.1		1.0	960
	{ Avg ..	2		9.0	46.8	13.8		.7	560
	{ As purchased ..	2		31.5	56.5	17.5		.9	1,005
	{ Max ..	2		20.2	51.7	15.7		.8	780
Medium fat.	{ Min ..	8		53.8	15.8	20.3		.8	1,190
	{ Edible portion ..	8		60.9	17.9	29.6		.9	1,545
	{ Max ..	8		56.7	16.8	25.6		.9	1,395
	{ Avg ..	8		6.6	39.9	11.5		.6	895
	{ As purchased ..	8		27.8	52.6	15.3		.8	1,335
	{ Max ..	8		21.4	44.5	13.2		.7	1,095
Fat.....	{ Min ..	4		45.2	14.5	33.6		.7	1,710
	{ Edible portion ..	4		49.9	15.7	39.4		.8	1,935
	{ Max ..	4		48.1	14.9	36.3		.7	1,810
	{ Avg ..	4		17.9	34.3	10.8		.5	1,175
	{ As purchased ..	4		31.3	39.7	12.1		.6	1,590
	{ Max ..	4		23.2	36.9	11.4		.6	1,390
Very fat....	{ Edible portion ..	1		40.2	14.7	44.3		.8	2,145
	{ As purchased ..	1		16.2	33.7	12.3		.6	1,800

Composition of American food products—Continued.

Food materials.			Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.										
Beef, fresh—Continued.										
Rump—Continued.				Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.
All analyses	{	Edible portion..	{ Min.. 19		40.2	14.5	3.2		.7	535
			{ Max.. 19		74.2	21.5	36.3		1.2	1,810
			{ Avg.. 19		57.7	17.6	23.8		.9	1,330
		As purchased..	{ Min.. 19	6.6	34.3	10.8	2.9		.6	480
			{ Max.. 19	31.5	67.8	21.2	32.3		1.1	1,590
		{ Avg.. 19	18.5	47.3	14.4	19.0		.8	1,070	
Shank, fore:										
Very lean....	{	Edible portion..	{ Min.. 2		73.8	20.8	2.3		1.0	520
			{ Max.. 2		74.6	22.7	3.6		1.2	540
			{ Avg.. 2		74.2	21.8	2.9		1.1	530
		As purchased..	{ Min.. 2	35.9	44.1	13.3	1.4		.6	310
			{ Max.. 2	40.2	47.9	13.6	2.3		.7	345
		{ Avg.. 2	38.1	46.0	13.5	1.8		.6	330	
Lean.....	{	Edible portion..	{ Min.. 5		69.9	20.1	5.3		.9	610
			{ Max.. 5		73.2	23.3	7.9		1.1	705
			{ Avg.. 5		71.5	21.4	6.1		1.0	655
		As purchased..	{ Min.. 5	25.6	36.4	11.7	3.3		.4	365
			{ Max.. 5	48.0	52.3	17.4	5.2		.8	465
		{ Avg.. 5	36.5	45.4	13.6	3.9		.6	420	
Medium fat.	{	Edible portion..	{ Min.. 5		65.5	19.2	9.9		.9	775
			{ Max.. 5		70.0	20.2	14.2		.9	960
			{ Avg.. 5		67.9	19.6	11.6		.9	855
		As purchased..	{ Min.. 5	33.0	39.3	11.6	6.1		.6	475
			{ Max.. 5	40.0	45.3	13.1	8.5		.6	580
		{ Avg.. 5	36.9	42.9	12.3	7.3		.6	535	
Very fat....	{	Edible portion..	{ Min.. 1		59.0	18.6	21.6		.8	1,255
			{ Max.. 1		60.9	18.6	21.6		.8	870
			{ Avg.. 1		59.0	18.6	21.6		.8	520
		As purchased..	{ Min.. 13		74.6	23.3	21.6		1.2	1,255
			{ Max.. 13		69.6	20.5	9.0		.9	760
		{ Avg.. 13	25.6	36.4	11.6	1.4		.4	310	
All analyses	{	Edible portion..	{ Min.. 13	40.2	52.3	17.4	14.9		.8	870
			{ Max.. 13		36.5	44.1	13.1		.6	485
			{ Avg.. 13							
		As purchased..	{ Min.. 13		71.3	20.4	4.3		.9	575
			{ Max.. 5		73.6	21.6	7.3		1.2	685
		{ Avg.. 5		72.6	21.1	5.3		1.0	615	
Lean.....	{	Edible portion..	{ Min.. 5	50.0	27.3	7.9	1.7		.4	235
			{ Max.. 5	62.2	36.4	10.7	3.2		.5	305
			{ Avg.. 5	56.6	31.6	9.1	2.2		.5	260
		As purchased..	{ Min.. 6		65.3	18.5	9.6		.8	775
			{ Max.. 6		69.5	20.6	15.4		1.0	995
		{ Avg.. 6		67.8	19.8	11.5		.9	855	
Medium fat.	{	Edible portion..	{ Min.. 6	52.0	29.8	8.6	4.5		.4	365
			{ Max.. 6	56.0	32.4	9.6	7.1		.4	460
			{ Avg.. 6	53.9	31.3	9.1	5.3		.4	395
		As purchased..	{ Min.. 1		61.4	18.9	18.8		.9	1,145
			{ Max.. 1		51.6	29.7	9.2		.4	555
		{ Avg.. 1		61.4	18.5	4.3		.8	575	
Fat.....	{	Edible portion..	{ Min.. 12		73.6	21.6	18.8		1.2	1,145
			{ Max.. 12		69.2	20.3	9.5		1.0	780
			{ Avg.. 12		50.0	27.3	7.9		.4	235
		As purchased..	{ Min.. 12	62.2	36.4	10.7	9.1		.5	555
			{ Max.. 12		54.8	31.3	9.2		.4	355
		{ Avg.. 12								
Shoulder clod: ¹										
Very lean....	{	Edible portion..	{ Min.. 2		75.1	22.3	1.3		1.1	470
			{ Max.. 2		75.2	22.4	1.4		1.2	475
			{ Avg.. 2		75.2	22.3	1.4		1.1	475
		As purchased..	{ Min.. 2	12.5	62.3	18.4	1.1		1.0	390
			{ Max.. 2	17.1	65.8	19.6	1.2		1.0	410
		{ Avg.. 2	14.8	64.1	19.0	1.1		1.0	400	
Lean.....	{	Edible portion..	{ Min.. 3		71.4	20.0	4.7		1.1	570
			{ Max.. 3		74.2	21.9	6.7		1.1	670
			{ Avg.. 3		72.5	20.9	5.5		1.1	620
		As purchased..	{ Min.. 2	7.3	65.1	18.5	4.3		1.0	525
			{ Max.. 2	8.8	68.8	19.0	6.1		1.1	610
		{ Avg.. 2	8.1	66.9	18.8	5.2		1.0	570	
Medium fat.	{	Edible portion..	{ Min.. 14		64.0	17.3	7.1		.8	625
			{ Max.. 14		74.5	20.7	16.4		1.4	1,030
			{ Avg.. 14		68.3	19.3	11.3		1.1	835
		As purchased..	{ Min.. 12	7.0	50.7	14.3	5.6		.7	525
			{ Max.. 12	27.7	62.3	18.4	14.4		1.1	925
		{ Avg.. 12	16.4	56.8	11.1	9.8		.9	715	

¹ Including in most cases some bone.

Composition of American food products—Continued.

Food materials.			Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.											
<i>Beef, fresh—Continued.</i>											
Shoulder clod—Continued.					<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Fat.....	{	Edible portion	{ Min ..	4	56.2	17.1	18.5		.9	1,150	
		Max ..	4	62.1	21.0	21.6		1.2	1,300		
	{	As purchased ..	{ Min ..	3	11.0	49.9	14.8	16.5		.8	1,005
		Max ..	3	13.3	54.8	18.6	19.2		1.0	1,155	
	{	Avg ..	3	11.9	52.8	16.7	17.7		.9	1,060	
All analyses	{	Edible portion	{ Min ..	23	56.2	17.1	1.3		.8	470	
		Max ..	23	75.2	22.4	21.6		1.4	1,300		
	{	As purchased ..	{ Min ..	23	68.1	19.7	11.1		1.1	835	
		Max ..	19	7.3	49.9	14.3	1.1		.7	390	
	{	Avg ..	19	27.7	68.8	19.6	19.2		1.1	1,155	
Shoulder and chuck (see Chuck).											
Socket.....				1	57.1	16.7	25.2		1.0	1,375	
Fore quarter:				1	35.8	36.7	10.7	16.2		.6	880
Very lean....	{	Edible portion		1	72.3	20.8	6.0		.9	640	
		As purchased		1	23.2	55.5	16.0	4.6		.7	490
	{	Lean.....	{ Min ..	3	67.5	16.1	12.1		.7	810	
		Max ..	3	71.1	19.1	12.7		.9	890		
	{	As purchased ..	{ Min ..	3	68.8	18.0	12.4		.8	860	
Medium fat.	{	Max ..	3	19.7	53.4	12.1	9.1		.5	510	
		Avg ..	3	24.9	54.3	15.3	10.0		.7	700	
	{	Edible portion	{ Min ..	6	57.8	17.3	17.1		.8	1,065	
		Max ..	6	63.6	18.4	27.6		1.0	1,485		
	{	As purchased ..	{ Min ..	6	60.2	17.5	21.4		.9	1,230	
Fat.....	{	Max ..	6	16.8	47.7	13.3	13.6		.6	790	
		Avg ..	6	23.9	51.8	14.6	20.2		.7	1,210	
	{	Edible portion	{ Min ..	1	53.5	15.8	30.0		.7	1,560	
		As purchased		1	21.7	41.9	12.4	23.4		.6	1,220
	{	As purchased ..	{ Min ..	1	44.6	14.0	40.7		.7	1,980	
Very fat....	{	Max ..	1	12.6	41.5	13.6	31.7		.6	1,590	
		Avg ..	1	19.8	49.3	14.1	16.1		.7	940	
	{	Lean.....	{ Min ..	12	44.6	14.0	6.0		.7	640	
		Max ..	12	72.3	20.8	40.7		.9	1,980		
	{	As purchased ..	{ Min ..	12	61.5	17.5	20.2		.8	1,180	
All analyses	{	Max ..	12	12.6	41.5	12.1	9.1		.6	610	
		Avg ..	12	24.9	54.3	15.3	31.7		.7	1,590	
	{	Edible portion	{ Min ..	12	19.8	49.3	14.1	16.1		.7	940
	Hind quarter:										
	Very lean...	{	Edible portion		1	72.4	20.8	5.8		1.0	630
As purchased				1	18.8	58.7	16.9	4.8		.8	520
{		Lean.....	{ Min ..	3	65.9	18.8	12.2		1.0	875	
		Max ..	3	67.5	19.5	14.3		1.0	955		
{		As purchased ..	{ Min ..	3	66.9	19.2	12.9		1.0	900	
Medium fat.	{	Max ..	3	16.2	54.7	15.6	10.2		.8	730	
		Avg ..	3	17.0	56.5	16.3	11.9		.9	790	
	{	Edible portion	{ Min ..	7	55.7	17.1	16.8		.8	1,050	
		Max ..	7	63.9	18.7	26.3		1.0	1,430		
	{	As purchased ..	{ Min ..	7	60.2	17.9	21.0		.9	1,220	
Fat.....	{	Max ..	7	14.1	44.4	13.6	14.3		.7	890	
		Avg ..	7	20.2	54.0	15.8	21.0		.8	1,140	
	{	Edible portion	{ Min ..	1	52.1	16.4	30.7		.8	1,600	
		As purchased		1	14.1	50.0	14.8	20.4		.7	1,135
	{	As purchased ..	{ Min ..	12	52.1	16.4	5.8		.8	630	
All analyses	{	Max ..	12	72.4	20.8	30.7		1.0	1,600		
		Avg ..	12	62.2	18.4	18.5		.9	1,120		
	{	Edible portion	{ Min ..	12	14.1	44.4	13.6	4.8		.7	520
		As purchased ..	{ Max ..	12	20.2	58.7	16.9	26.9		.9	1,140
	{	Avg ..	12	16.3	52.0	15.3	15.6		.8	945	
Side, native, not including tallow.	{	Edible portion	{ Min ..	6	47.8	15.1	12.5		.7	880	
		Max ..	6	67.5	19.1	36.4		.9	1,815		
	{	As purchased ..	{ Min ..	6	57.1	17.2	24.9		.8	1,370	
		Max ..	6	13.2	41.5	13.1	10.1		.6	715	
	{	As purchased ..	{ Min ..	6	19.2	54.9	15.5	31.6		.8	1,575
Side, Colorado, not including tallow.	{	Max ..	6	17.0	47.5	14.3	20.5		.7	1,130	
		Avg ..	3	62.0	17.6	15.7		.8	1,010		
	{	Edible portion	{ Min ..	3	64.9	18.6	19.5		.9	1,150	
		Max ..	3	63.4	18.0	17.7		.9	1,080		
	{	As purchased ..	{ Min ..	3	16.8	48.5	13.8	12.7		.7	815
{	Max ..	3	21.8	52.8	15.1	15.2		.8	900		
	Avg ..	3	19.2	51.3	14.6	14.2		.7	870		

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.		
ANIMAL FOOD—continued.										
Beef, fresh—Continued.										
		Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.		
Side, Texas, not including tallow.	{ Edible portion ..	Min ..	3	67.3	17.1	5.9		.8	635	
		Max ..	3	72.4	20.8	14.8		1.0	915	
		Avg ..	3	69.0	19.1	11.0		.9	820	
		Min ..	3	18.0	53.3	13.6	4.7		.6	595
		As purchased..	Max ..	3	21.2	57.0	16.4	11.7		.8
Side, Colorado and native. ¹	{ Edible portion ..	Avg ..	3	20.0	55.2	15.3	8.8		.7	655
		Min ..	8	54.8	17.1	12.5		.8	889	
		Max ..	8	67.5	19.1	27.1		.9	1,370	
		Avg ..	8	60.6	17.7	20.8		.9	1,205	
		Min ..	8	15.5	44.2	13.8	10.1		.6	715
Side:	{ As purchased ..	Max ..	8	21.8	54.9	15.5	21.9		.8	1,135
		Avg ..	8	18.3	49.7	14.5	16.8		.7	950
		Min ..	12	47.8	15.1	5.9		.7	635	
		Max ..	12	72.4	20.8	36.4		1.0	1,815	
		Avg ..	12	61.7	17.8	19.6		.9	1,155	
All analyses	{ Edible portion ..	Min ..	12	13.2	41.5	13.1	4.7		.6	595
		Max ..	12	21.8	57.0	16.4	31.6		.8	1,575
		Avg ..	12	18.3	50.4	14.6	16.0		.7	945
		Min ..	2	56.5	15.8	14.6		.9	910	
		Max ..	2	68.7	16.3	26.2		1.0	1,410	
Hearts, as purchased	{ As purchased ..	Avg ..	2	62.6	16.0	20.4		1.0	1,160	
		Min ..	2	75.7	16.1	2.4		1.1	430	
		Max ..	2	78.7	17.6	7.1	1.3		1.3	600
		Avg ..	2	76.7	16.9	4.8	.4		1.2	525
		Min ..	3	69.5	20.1	5.2		1.3	635	
Liver, as purchased	{ As purchased ..	Max ..	3	69.9	23.1	5.7	3.5		1.5	670
		Avg ..	3	69.8	21.6	5.4	1.8		1.4	665
		Min ..	1	79.7	16.1	3.2		1.0	435	
		Max ..	1	3.3	2.6	92.8		1.3	3,965	
		Avg ..	1	70.9	15.4	12.1		1.6	795	
Lungs, as purchased	{ As purchased ..	Min ..	7	8.2	1.6	70.7		.2	3,115	
		Max ..	7	21.9	7.2	88.9		.4	3,800	
		Avg ..	7	15.0	4.8	79.9		.3	3,460	
		Min ..	1	63.5	17.4	18.0		1.1	1,085	
		Max ..	1	15.1	53.9	14.8	15.3		.9	920
Beef, cooked.										
Sandwich meats, as purchased	{ As purchased ..	Min ..	3	56.3	27.2	8.0		2.5	850	
		Max ..	3	61.2	28.8	13.6		3.1	1,080	
		Avg ..	3	58.3	27.9	11.0		2.8	985	
Beef, canned.										
Boiled, as purchased	{ As purchased ..	Min ..	1	51.8	24.4	22.5		1.3	1,405	
Cheek, ox, as purchased	{ As purchased ..	Max ..	1	66.1	22.3	8.4		3.2	770	
Chili con carne, as purchased	{ As purchased ..	Avg ..	1	75.4	13.3	4.6	4.0		2.7	515
Collops, minced, as purchased	{ As purchased ..	Min ..	1	72.3	17.9	6.8	1.1		1.9	645
Corned, cooked:	{ As purchased ..	Max ..	6	45.1	25.6	12.0		3.4	1,000	
		Min ..	6	58.3	34.2	16.4		7.3	1,215	
		Avg ..	6	53.1	28.5	14.0		4.4	1,120	
		Min ..	4	49.7	22.7	19.9		2.0	1,310	
		Max ..	4	53.2	26.3	21.8		4.1	1,355	
Fat, as purchased	{ As purchased ..	Avg ..	4	51.6	24.7	20.7		3.0	1,330	
		Min ..	2	43.2	19.6	29.2		4.0	1,625	
		Max ..	2	45.7	21.1	31.1		6.1	1,675	
		Avg ..	2	44.5	20.3	30.1		5.1	1,650	
		Min ..	12	43.2	19.6	12.0		2.0	1,000	
All analyses, as purchased	{ As purchased ..	Max ..	12	58.3	34.2	31.1		6.1	1,675	
		Avg ..	12	51.2	25.9	18.9		4.0	1,280	
		Min ..	2	44.2	37.1	4.8		9.8	945	
		Max ..	2	45.3	40.1	6.1		12.6	950	
		Avg ..	2	44.8	38.6	5.4		11.2	950	
Kidneys, stewed, as purchased	{ As purchased ..	Min ..	2	70.9	14.6	4.9		2.1	580	
		Max ..	2	72.9	22.1	5.4	4.3		2.8	620
		Avg ..	2	71.9	18.4	5.1	2.1		2.5	595
		Min ..	1	52.9	26.4	15.9		4.8	1,160	
		Max ..	2	69.6	15.9	9.4		.4	740	
Ox palate, as purchased	{ As purchased ..	Avg ..	2	73.1	19.0	10.6		2.0	750	
		Min ..	2	71.4	17.4	10.0		1.2	745	
		Max ..	4	55.8	19.3	9.0		1.2	935	
		Avg ..	4	62.8	30.8	23.6		1.4	1,360	
		Min ..	4	58.9	25.0	14.8		1.3	1,090	
Steak, rump, as purchased	{ As purchased ..	Max ..	1	56.3	23.5	18.7		1.5	1,225	
Sweetbreads, as purchased	{ As purchased ..	Min ..	1	69.0	19.5	9.5		2.0	765	
Ox tails, as purchased	{ As purchased ..	Avg ..	1	67.9	24.6	6.3		1.2	725	

¹ Excepting native "extra fat."

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.									
<i>Beef, canned—Continued.</i>									
			<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Tongue, ground, as purchased.....	{ Min ..	6		42.5	20.2	21.6		2.9	1,300
	{ Max ..	6		54.9	22.8	32.6		5.1	1,750
	{ Avg ..	6		49.9	21.0	25.1		4.0	1,450
Tongue, whole, as purchased	{ Min ..	5		42.4	18.6	15.7		3.0	1,090
	{ Max ..	5		57.4	23.0	32.7		6.3	1,725
	{ Avg ..	5		51.3	21.5	23.2		4.0	1,380
Tripe, as purchased	{ Min ..	2		68.9	16.2	2.6		.4	420
	{ Max ..	2		80.2	16.6	14.5		.6	915
	{ Avg ..	2		74.6	16.4	8.5		.5	665
<i>Beef, corned and pickled.</i>									
Brisket, corned ..	{ Edible portion	1		50.9	18.7	24.7		5.7	1,390
	{ As purchased	1		21.4	40.0	14.7		4.5	1,090
Corned beef: All analyses	{ Min ..	9		40.1	12.9	11.9		2.0	830
	{ Max ..	9		65.9	18.1	41.1		6.7	1,975
	{ Avg ..	9		54.5	15.6	25.5		4.4	1,365
	{ Min ..	9		1.9	34.3	11.4		1.9	790
	{ Max ..	9		14.6	60.9	16.9		6.4	1,785
	{ Avg ..	9		9.4	49.6	14.2		4.0	1,225
Extra mess	{ Edible portion	1		37.0	11.8	47.2		4.0	2,210
	{ As purchased	1		10.4	33.1	10.6		3.6	1,980
Flank, corned ..	{ Min ..	2		43.2	12.9	24.9		2.8	1,340
	{ Max ..	2		56.5	15.5	41.1		3.1	1,975
	{ Avg ..	2		49.9	14.2	33.0		2.9	1,660
	{ Min ..	2		9.6	39.0	11.7		2.5	1,140
	{ Max ..	2		14.6	48.3	13.2		2.7	1,785
	{ Avg ..	2		12.1	43.1	12.4		2.6	1,465
Mess	{ Min ..	2		31.7	10.6	40.2		4.1	1,940
	{ Max ..	2		42.4	13.3	48.7		9.0	2,250
	{ Avg ..	2		37.0	12.0	44.5		6.5	2,100
	{ Min ..	2		7.1	29.5	9.8		3.5	1,675
	{ Max ..	2		13.8	36.6	11.5		8.3	2,090
	{ Avg ..	2		10.5	33.0	10.7		5.9	1,885
Plate, corned ..	{ Edible portion	1		40.1	13.3	41.9		4.7	2,015
	{ As purchased	1		14.5	34.3	11.4		4.0	1,720
Rump, corned ..	{ Min ..	3		50.2	13.3	35.0		2.0	885
	{ Max ..	3		65.9	18.1	30.2		4.9	1,550
	{ Avg ..	3		58.1	15.3	23.3		3.3	1,270
	{ Min ..	3		5.0	47.5	13.9		1.9	820
	{ Max ..	3		7.7	60.8	16.7		4.7	1,460
	{ Avg ..	3		6.0	54.5	14.4		3.1	1,195
Spiced, rolled, as purchased		1		30.0	11.8	51.4		6.8	2,390
Tongue, pickled ..	{ Min ..	2		50.9	8.0	15.3		3.1	795
	{ Max ..	2		73.6	17.0	25.8		6.3	1,405
	{ Avg ..	2		62.3	12.5	20.5		4.7	1,100
	{ Min ..	2		2.1	45.8	7.8		3.1	780
	{ Max ..	2		10.0	72.0	15.3		5.6	1,265
	{ Avg ..	2		6.0	58.9	11.6		4.3	1,025
Tripe, pickled, as purchased	{ Min ..	2		84.0	7.2	.8		.1	180
	{ Max ..	2		91.1	13.5	1.8		.3	325
	{ Avg ..	2		87.4	10.9	1.2		.2	260
<i>Beef, dried, etc.</i>									
Dried and salted, Uruguay, as purchased ..		1		30.7	46.8	5.6		16.9	1,110
Dried in the sun, Mexico, as purchased.	{ Min ..	2		14.4	47.0	11.8		7.2	1,370
	{ Max ..	2		24.3	47.0	31.4		16.9	2,200
	{ Avg ..	2		19.4	47.0	21.6		12.0	1,785
Dried, salted, and smoked, as purchased.	{ Min ..	5		24.3	26.3	4.2		6.3	740
	{ Max ..	5		59.2	47.0	11.8		16.9	1,370
	{ Avg ..	5		50.8	31.8	6.8		10.0	890
<i>Veal, fresh.</i>									
Breast:									
Lean	{ Min ..	2		68.4	18.8	8.0		1.0	685
	{ Max ..	2		72.2	22.5	8.0		1.1	755
	{ Avg ..	2		70.3	20.7	8.0		1.0	721
	{ Min ..	2		15.1	46.8	15.4		.7	521
	{ Max ..	2		31.6	61.3	16.0		.8	545
	{ Avg ..	2		23.4	54.0	15.7		.7	555
Medium fat.	{ Min ..	5		65.1	18.2	12.0		1.0	850
	{ Max ..	5		68.4	19.4	15.4		1.0	990
	{ Avg ..	5		66.4	18.8	13.8		1.0	930
	{ Min ..	5		15.7	48.5	14.0		.7	670
	{ Max ..	5		25.4	55.7	16.2		.8	825
	{ Avg ..	5		20.6	52.7	14.9		.8	740

Composition of American food products—Continued.

Food materials.			Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.											
Veal, fresh—Continued.											
Breast—Continued.				Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.	
All analyses	{	Edible portion..	{ Min ..	7	65.1	18.2	8.0		1.0	685	
			{ Max ..	7	72.2	22.5	15.4		1.1	990	
			{ Avg ..	7	67.5	19.3	12.2		1.0	875	
		As purchased..	{ Min ..	7	15.1	46.8	14.0	5.5		.7	520
			{ Max ..	7	31.6	61.3	16.2	12.8		.8	825
		{ Avg ..	7	21.4	53.1	15.1	9.6		.8	655	
Chuck:											
Medium fat.	{	Edible portion..	{ Min ..	6	71.5	18.2	5.1		1.0	560	
			{ Max ..	6	75.4	20.6	8.5		1.1	700	
			{ Avg ..	6	73.3	19.2	6.5		1.0	630	
		As purchased..	{ Min ..	6	17.6	57.9	14.5	4.2		.8	455
			{ Max ..	6	20.0	61.4	16.7	6.8		.8	560
		{ Avg ..	6	18.9	59.5	15.6	5.2		.8	510	
Flank:											
Medium fat, as purchased.....	{	Edible portion..	{ Min ..	5	64.4	18.5	7.8		.9	675	
			{ Max ..	5	72.7	21.0	15.8		1.1	1,020	
		{ Avg ..	5	68.9	19.7	10.4		1.0	805		
Fat, as purchased.....			1	57.0	18.0	24.1		.9	1,255		
All analyses, as purchased.....	{	Edible portion..	{ Min ..	6	57.0	18.0	7.8		.9	675	
			{ Max ..	6	72.7	21.0	24.1		1.1	1,020	
		{ Avg ..	6	66.9	19.4	12.7		1.0	895		
Leg:											
Lean	{	Edible portion..	{ Min ..	8	71.8	19.3	1.1		1.1	465	
			{ Max ..	8	75.6	22.5	6.0		1.3	645	
			{ Avg ..	8	74.2	21.0	3.6		1.2	545	
		As purchased..	{ Min ..	8	2.1	63.4	16.5	1.1		.9	445
			{ Max ..	8	14.9	73.8	21.4	4.7		1.2	610
Medium fat.	{	Edible portion..	{ Min ..	7	67.8	19.4	6.7		1.0	655	
			{ Max ..	7	72.1	20.7	11.6		1.2	850	
			{ Avg ..	7	70.4	20.1	8.4		1.1	730	
		As purchased..	{ Min ..	6	13.0	57.6	16.6	5.5		.9	540
			{ Max ..	6	19.3	60.5	17.4	9.9		.9	730
		{ Avg ..	6	15.6	59.4	16.9	7.2		.9	620	
All analyses	{	Edible portion..	{ Min ..	15	67.8	19.3	1.1		1.0	465	
			{ Max ..	15	75.6	22.5	6.0		1.3	850	
			{ Avg ..	15	72.4	20.6	5.9		1.1	630	
		As purchased..	{ Min ..	14	2.1	57.6	16.5	1.1		.9	445
			{ Max ..	14	19.3	73.8	21.4	9.9		1.2	730
		{ Avg ..	14	10.5	65.0	18.5	5.0		1.0	555	
Leg, cutlets.....	{	Edible portion..	{ Min ..	2	67.3	20.4	9.2		1.0	765	
			{ Max ..	2	69.3	21.1	10.6		1.1	840	
			{ Avg ..	2	68.3	20.8	9.9		1.0	805	
		As purchased..	{ Min ..	2	3.6	64.3	19.7	8.9		.9	740
			{ Max ..	2	4.5	66.8	20.2	10.1		1.0	800
		{ Avg ..	2	4.0	65.6	20.0	9.5		.9	775	
Loin:											
Lean	{	Edible portion..	{ Min ..	4	71.3	18.6	4.8		1.0	550	
			{ Max ..	4	75.4	21.0	6.7		1.2	670	
			{ Avg ..	4	72.9	20.2	5.8		1.1	620	
		As purchased..	{ Min ..	4	17.4	55.9	14.7	3.8		.8	435
			{ Max ..	4	23.0	59.7	16.8	5.4		1.0	540
		{ Avg ..	4	20.3	58.1	16.1	4.6		.9	495	
Medium fat.	{	Edible portion..	{ Min ..	5	68.5	18.8	10.1		1.0	785	
			{ Max ..	5	69.7	20.0	10.8		1.1	820	
			{ Avg ..	5	69.2	19.4	10.4		1.0	800	
		As purchased..	{ Min ..	5	13.6	55.3	15.4	8.2		.8	630
			{ Max ..	5	20.3	60.1	16.6	9.0		.9	685
		{ Avg ..	5	17.3	57.2	16.0	8.6		.9	660	
Fat	{	Edible portion..	{ Min ..	2	61.3	18.3	18.3		1.0	1,120	
			{ Max ..	2	61.9	18.7	19.4		1.1	1,160	
			{ Avg ..	2	61.6	18.5	18.9		1.0	1,140	
		As purchased..	{ Min ..	2	16.3	48.9	14.6	15.4		.8	925
			{ Max ..	2	20.2	51.8	15.7	15.5		.8	940
		{ Avg ..	2	18.3	50.4	15.1	15.4		.8	930	
All analyses	{	Edible portion..	{ Min ..	11	61.3	18.3	4.8		1.0	550	
			{ Max ..	11	75.4	21.0	19.4		1.1	1,160	
			{ Avg ..	11	69.2	19.5	10.2		1.1	795	
		As purchased..	{ Min ..	11	13.6	48.9	14.6	3.8		.8	435
			{ Max ..	11	23.0	60.1	16.8	15.5		1.0	940
		{ Avg ..	11	18.6	56.2	15.9	8.4		.9	650	
Loin, with kidney.											
{	Edible portion.....	1	73.3	14.1	11.8		.8	760			
	As purchased.....	1	9.1	66.7	12.8	10.7		.7	690		

Composition of American food products—Continued.

Food materials.			Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.											
<i>Veal, fresh—Continued.</i>											
Neck:				<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Medium fat.	{	Edible portion	{ Min ..	6	69.8	18.7	4.3		.9	535	
			{ Max ..	6	75.8	20.0	9.2	1.1	760		
			{ Avg ..	6	72.6	19.5	6.9	1.0	655		
			{ As purchased ..	{ Min ..	6	23.5	34.8	10.0	3.1	.6	385
				{ Max ..	6	50.0	56.1	14.5	6.2	.8	530
				{ Avg ..	6	31.5	49.9	13.3	4.6	.7	440
Rib:											
Medium fat.	{	Edible portion	{ Min ..	8	70.8	19.2	3.4		1.0	525	
			{ Max ..	8	75.5	21.2	8.6	1.1	750		
			{ Avg ..	8	72.5	20.2	6.2	1.1	635		
			{ As purchased ..	{ Min ..	8	22.7	42.2	12.4	2.5	.7	390
				{ Max ..	8	41.3	58.3	15.7	6.8	.8	555
				{ Avg ..	8	26.9	53.0	14.7	4.6	.8	470
Fat	{	Edible portion.	1	67.8	20.6	11.1		1.1	840		
		As purchased ..	1	22.4	52.6	15.5	8.6	.9	650		
All analyses	{	Edible portion	{ Min ..	9	67.8	19.2	3.4		1.0	525	
			{ Max ..	9	75.5	21.2	11.1	1.1	840		
			{ Avg ..	9	72.0	20.1	6.8	1.1	660		
			{ As purchased ..	{ Min ..	9	22.4	42.2	12.4	2.5	.7	390
				{ Max ..	9	41.3	58.3	15.7	8.6	.9	650
				{ Avg ..	9	26.4	53.0	14.8	5.0	.8	485
Rump	{	Edible portion	1	62.6	20.1	16.2		1.1	1,055		
		As purchased ..	1	30.2	43.7	14.0	11.3	.8	735		
Shank, fore	{	Edible portion	{ Min ..	6	72.5	18.9	4.1		1.0	525	
			{ Max ..	6	75.8	20.6	6.4	1.0	640		
			{ Avg ..	6	74.0	19.8	5.2	1.0	590		
			{ As purchased ..	{ Min ..	6	20.4	35.1	9.0	2.2	.5	285
				{ Max ..	6	52.5	58.6	16.0	4.2	.8	475
				{ Avg ..	6	40.4	44.1	11.8	3.1	.6	350
Shank, hind:											
Medium fat.	{	Edible portion	{ Min ..	6	73.4	17.9	3.0		.9	510	
			{ Max ..	6	76.2	20.5	6.7	1.1	615		
			{ Avg ..	6	74.5	19.9	4.6	1.0	565		
			{ As purchased ..	{ Min ..	6	61.1	25.9	6.7	1.3	.4	190
				{ Max ..	6	64.7	29.3	8.0	2.5	.4	390
				{ Avg ..	6	62.7	27.8	7.4	1.7	.4	210
Fat	{	Edible portion	1	68.1	20.0	10.7		1.2	825		
		As purchased ..	1	51.4	33.1	9.7	5.2	.6	400		
All analyses	{	Edible portion	{ Min ..	7	68.1	17.9	3.0		.9	510	
			{ Max ..	7	76.2	20.5	10.7	1.2	825		
			{ Avg ..	7	73.6	19.9	5.5	1.0	600		
			{ As purchased ..	{ Min ..	7	51.4	25.9	6.7	1.3	.4	190
				{ Max ..	7	64.7	33.1	9.7	5.2	.6	400
				{ Avg ..	7	61.1	28.6	7.7	2.2	.4	235
Shoulder and flank.	{	Edible portion	1	65.6	19.7	13.5		1.2	935		
		As purchased ..	1	24.3	49.7	14.9	10.2	.9	710		
Shoulder	{	Edible portion	{ Min ..	2	64.7	19.0	6.2		1.1	645	
			{ Max ..	2	71.9	20.7	15.2	1.2	995		
			{ Avg ..	2	68.3	19.9	10.7	1.1	820		
			{ As purchased ..	{ Min ..	2	11.5	50.6	14.8	5.5	.9	570
				{ Max ..	2	21.8	64.7	18.3	11.9	1.0	780
				{ Avg ..	2	16.6	57.2	16.6	8.7	.9	675
Fore quarter....	{	Edible portion	{ Min ..	6	69.9	18.6	5.5		.8	585	
			{ Max ..	6	74.8	20.5	10.6	1.1	795		
			{ Avg ..	6	71.7	19.4	8.0	.9	700		
			{ As purchased ..	{ Min ..	6	19.3	51.8	13.7	4.1	.6	435
				{ Max ..	6	26.0	56.6	15.9	7.8	.8	585
				{ Avg ..	6	24.5	54.2	14.6	6.0	.7	525
Hind quarter...	{	Edible portion	{ Min ..	6	68.4	19.4	5.6		.8	600	
			{ Max ..	6	73.8	20.4	11.2	1.2	835		
			{ Avg ..	6	70.9	19.8	8.3	1.0	720		
			{ As purchased ..	{ Min ..	6	19.0	53.7	15.3	4.4	.6	545
				{ Max ..	6	24.0	58.4	16.2	9.2	.9	685
				{ Avg ..	6	20.7	56.2	15.7	6.6	.8	570
Side	{	Edible portion	{ Min ..	6	69.2	19.2	5.5		.9	590	
			{ Max ..	6	74.3	20.4	10.3	1.1	800		
			{ Avg ..	6	71.3	19.6	8.1	1.0	705		
			{ As purchased ..	{ Min ..	6	18.6	53.3	14.7	4.3	.7	460
				{ Max ..	6	24.9	57.3	15.9	8.4	.9	680
				{ Avg ..	6	22.6	55.2	15.1	6.3	.8	545

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.		
ANIMAL FOOD—continued.										
<i>Veal, fresh</i> —Continued.										
Heart, as purchased.....	1	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>		
Kidney, as purchased.....	1		73.2	16.2	9.6		1.0	705		
Liver, as purchased.....	{	Min.....	74.7	16.6	7.4		1.3	625		
		Max.....	72.4	19.8	4.0		1.2	565		
		Avg.....	73.7	21.0	6.6		1.3	645		
Lungs, as purchased.....	2		73.1	20.4	5.3		1.2	605		
	1		76.8	17.1	5.0		1.1	530		
<i>Lamb, fresh.</i>										
Breast.....	1		56.2	19.2	23.6		1.0	1,355		
Leg, hind:	1		19.1	45.5	15.5		.8	1,095		
Medium fat.	{	Edible portion {	2		63.1	18.1	15.3	1.1	1,000	
		Max.....	2		64.7	18.9	17.6	1.2	1,080	
		Avg.....	2		63.9	18.5	16.5	1.1	1,040	
		As purchased.. {	2		17.0	52.4	15.0	12.6	.9	820
		Max.....	2		17.7	53.3	15.5	14.6	1.0	895
Fat.....	{	Avg.....	2		17.4	52.9	15.2	13.6	.9	855
		Edible portion {	1		54.6	17.1	27.4	.9	1,475	
		Max.....	1		13.4	47.3	14.8	23.7	.8	1,275
		As purchased.. {	1		51.8	17.2	30.1	.9	1,590	
		Max.....	1		7.0	48.2	16.0	28.0	.8	1,480
Very fat.....	{	Avg.....	4		51.8	17.1	15.3	.9	1,000	
		Edible portion {	4		64.7	18.9	30.1	1.2	1,590	
		Max.....	4		58.6	17.8	22.6	1.0	1,285	
		As purchased.. {	4		7.0	47.3	14.8	12.6	.8	820
		Max.....	4		17.7	53.3	16.0	28.0	1.0	1,480
All analyses	{	Avg.....	4		13.8	50.3	15.3	19.7	.9	1,115
		Loin, without kidney and tallow:								
		Edible portion {	4		48.6	15.5	25.1	.8	1,410	
		Max.....	4		54.8	19.0	35.1	1.1	1,770	
		Avg.....	4		53.1	17.6	28.3	1.0	1,520	
Medium fat.	{	As purchased.. {	4		12.2	40.8	13.0	21.1	.7	1,180
		Max.....	4		17.4	48.1	16.7	29.5	.9	1,485
		Avg.....	4		14.8	45.3	15.0	24.1	.8	1,295
		Edible portion {	1		56.7	17.5	24.8	1.0	1,375	
		Max.....	1		17.7	46.7	14.4	20.4	.8	1,130
Neck.....	{	As purchased.. {	1		51.8	17.5	29.7	1.0	1,580	
		Max.....	1		20.3	41.3	14.0	23.6	.8	1,255
		Edible portion {	1		55.1	18.1	25.8	1.0	1,425	
		Max.....	1		18.8	44.7	14.7	21.0	.8	1,160
		As purchased.. {	1		60.9	19.0	19.1	1.0	1,160	
Fore quarter.....	{	Max.....	1		15.7	51.3	16.0	16.1	.9	975
		Edible portion {	3		56.8	16.5	21.2	1.0	1,225	
		Max.....	3		60.0	18.5	25.7	1.1	1,490	
		Avg.....	3		58.2	17.6	23.2	1.0	1,305	
		As purchased.. {	3		17.3	46.1	13.4	16.6	.8	960
Side, without kidney and tallow.	{	Max.....	3		21.6	47.9	15.3	20.9	.9	1,130
		Avg.....	3		19.3	47.0	14.2	18.7	.8	1,055
		<i>Lamb, canned.</i>								
		Edible portion.....	1		67.4	14.3	17.8	.5	1,015	
		As purchased.....	1		2.6	65.7	13.9	17.3	.5	990
<i>Mutton, fresh.</i>										
Chuck:										
Medium fat.	{	Edible portion {	6		47.9	13.6	26.0	.7	1,400	
		Max.....	6		56.7	16.4	37.4	1.2	1,835	
		Avg.....	6		50.9	14.6	33.6	.9	1,690	
		As purchased.. {	6		14.4	36.6	10.5	20.6	.5	1,115
		Max.....	6		25.2	45.1	13.1	29.7	.7	1,485
Fat.....	{	Avg.....	6		21.3	39.9	11.5	26.7	.6	1,340
		Edible portion {	2		37.6	13.3	42.5	.7	2,040	
		Max.....	2		43.5	14.2	47.2	1.0	2,255	
		Avg.....	2		40.6	13.7	44.9	.8	2,150	
		As purchased.. {	2		14.9	32.0	10.9	34.8	.6	1,670
Very fat.....	{	Max.....	2		18.1	35.6	12.1	40.1	.9	1,915
		Avg.....	2		16.5	33.8	11.5	37.5	.7	1,795
		Edible portion.....	1		29.9	9.4	60.1	.6	2,710	
		As purchased.....	1		13.8	25.8	8.1	51.8	.5	2,335

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.										
<i>Mutton, fresh—Continued.</i>										
Chuck—Continued.										
All analyses	{	Edible portion	Min ..	9	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
		Max ..	9	29.9	9.4	26.0		.6	1,400	
		Avg ..	9	56.7	16.4	60.1		1.2	2,710	
		Min ..	9	46.3	13.8	39.1		.8	1,905	
		As purchased ..	Min ..	9	13.8	25.8	8.1	20.6		.5
		Max ..	9	25.2	45.1	13.1	51.8		.9	2,335
		Avg ..	9	19.4	37.0	11.1	31.8		.7	1,550
Flank:										
Medium fat, as purchased	{	Min ..	7	38.7	11.9	32.1		.5	1,650	
		Max ..	7	51.2	16.0	45.0		.8	2,195	
		Avg ..	7	45.8	14.8	38.7		.7	1,910	
		Min ..	2	25.0	9.5	54.7		.6	2,530	
		Very fat, as purchased	Max ..	2	32.7	12.0	64.9		.6	2,915
		Avg ..	2	28.9	10.7	59.8		.6	2,725	
All analyses, as purchased	{	Min ..	9	25.0	9.5	32.1		.5	1,650	
		Max ..	9	51.2	16.0	64.9		.8	2,915	
		Avg ..	9	42.0	13.9	43.4		.7	2,090	
Leg, hind:										
Lean	{	Edible portion	Min ..	3	66.6	18.5	11.9		1.0	865
		Max ..	3	68.3	19.6	13.0		1.2	905	
		Avg ..	3	67.4	19.1	12.4		1.1	880	
		Min ..	3	3.4	51.0	14.1	9.3		.8	655
		As purchased ..	Max ..	3	23.7	65.0	19.0	11.5		1.1
		Avg ..	3	16.8	56.1	15.9	10.3		.9	730
Medium fat.	{	Edible portion	Min ..	10	58.4	17.3	14.6		.9	935
		Max ..	10	67.2	19.0	22.6		1.0	1,290	
		Avg ..	10	62.8	18.2	18.0		1.0	1,100	
		Min ..	10	9.8	48.0	13.2	11.0		.7	710
		As purchased ..	Max ..	10	26.0	55.7	17.1	19.3		.9
		Avg ..	10	18.0	51.4	14.9	14.9		.8	905
Fat	{	Edible portion	Min ..	1	55.0	17.0	27.1		.9	1,460
		As purchased ..	Max ..	1	12.4	48.2	14.8	23.8		.8
All analyses	{	Min ..	14	55.0	17.0	11.9		.9	865	
		Max ..	14	68.3	19.6	27.1		1.2	1,460	
		Avg ..	14	63.2	18.3	17.5		1.0	1,080	
		Min ..	14	3.4	48.0	13.2	9.3		.7	655
		As purchased ..	Max ..	14	26.0	65.0	19.0	23.8		1.1
		Avg ..	14	17.4	52.2	15.1	14.5		.8	895
Loin, without kidney and tallow:										
Medium fat.	{	Edible portion	Min ..	12	44.9	13.8	26.8		.7	1,440
		Max ..	12	55.9	19.5	37.6		.9	1,865	
		Avg ..	12	50.1	15.9	33.2		.8	1,695	
		Min ..	11	11.7	38.1	11.8	20.9		.5	1,160
		As purchased ..	Max ..	11	19.3	46.8	14.9	32.9		.8
		Avg ..	11	15.3	42.2	13.2	28.6		.7	1,450
Fat	{	Edible portion	Min ..	3	42.0	13.9	40.9		.7	1,985
		Max ..	3	44.3	14.6	43.3		.8	2,085	
		Avg ..	3	43.3	14.2	41.7		.8	2,025	
		Min ..	3	11.3	37.1	12.3	36.0		.6	1,760
		As purchased ..	Max ..	3	12.0	39.3	12.9	38.2		.7
		Avg ..	3	11.7	38.3	12.5	36.8		.7	1,785
Very fat	{	Edible portion	Min ..	1	30.8	10.0	58.7		.5	2,665
		As purchased ..	Max ..	1	9.0	28.1	9.1	53.4		.4
All analyses	{	Min ..	16	30.8	10.0	26.8		.5	1,440	
		Max ..	16	55.9	19.5	58.7		.9	2,665	
		Avg ..	16	47.6	15.2	36.4		.8	1,820	
		Min ..	15	9.0	28.1	9.1	20.9		.4	1,160
		As purchased ..	Max ..	15	19.3	46.8	14.9	53.4		.8
		Avg ..	15	14.2	40.5	12.8	31.9		.6	1,585
Neck:										
Medium fat.	{	Edible portion	Min ..	9	54.7	12.4	17.8		.8	1,110
		Max ..	9	61.9	19.2	29.5		1.8	1,525	
		Avg ..	9	58.2	16.3	24.5		1.0	1,335	
		Min ..	9	17.2	38.7	8.1	14.0		.5	835
		As purchased ..	Max ..	9	34.9	48.6	15.1	24.5		.8
		Avg ..	9	28.4	41.6	11.7	17.6		.7	960
Very fat	{	Edible portion	Min ..	1	42.1	13.6	43.5		.8	2,090
		As purchased ..	Max ..	1	16.1	35.3	11.4	36.5		.7
All analyses	{	Min ..	10	42.1	12.4	17.8		.8	1,110	
		Max ..	10	61.9	19.2	29.5		1.8	2,090	
		Avg ..	10	56.6	16.0	26.4		1.0	1,410	
		Min ..	10	16.1	35.3	8.1	14.0		.5	835
		As purchased ..	Max ..	10	34.9	48.6	15.1	36.5		.7
		Avg ..	10	27.2	41.0	11.7	19.4		.7	1,035

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.										
<i>Mutton, fresh</i> —Continued.										
Shoulder:			<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Lean.....	{ Edible portion.....	1		67.2	18.9	12.9		1.0	895	
	{ As purchased.....	1	25.3	50.2	14.2	9.6		.7	670	
Medium fat.....	{ Edible portion.....	{ Min.....	6	58.6	15.8	15.6		.9	995	
		{ Max.....	6	65.2	18.2	24.3		1.0	1,320	
		{ Avg.....	6	61.9	17.3	19.9		.9	1,160	
	{ As purchased.....	{ Min.....	6	14.6	45.2	12.1	13.4		.6	820
		{ Max.....	6	26.4	55.7	15.5	18.8		.8	1,075
		{ Avg.....	6	21.7	48.5	13.5	15.6		.7	910
Fat.....	{ Edible portion.....	1		53.0	15.9	30.3		.8	1,575	
	{ As purchased.....	1	19.5	42.7	12.8	24.4		.6	1,270	
Very fat.....	{ Edible portion.....	1		48.4	15.2	35.6		.8	1,785	
	{ As purchased.....	1	18.7	39.3	12.4	28.9		.7	1,450	
All analyses	{ Edible portion.....	{ Min.....	9	48.4	15.2	12.9		.8	895	
		{ Max.....	9	67.2	18.9	35.6		1.0	1,785	
		{ Avg.....	9	60.0	17.1	22.0		.9	1,245	
	{ As purchased.....	{ Min.....	9	14.6	39.3	12.1	13.4		.6	820
		{ Max.....	9	26.4	55.7	15.5	28.9		.8	1,455
		{ Avg.....	9	21.5	47.0	13.4	17.4		.7	985
Fore quarter.....	{ Edible portion.....	{ Min.....	9	37.2	11.7	25.6		.7	1,385	
		{ Max.....	9	57.1	17.0	50.4		1.1	2,345	
		{ Avg.....	9	51.7	15.0	32.4		.9	1,645	
	{ As purchased.....	{ Min.....	9	15.7	31.4	9.9	20.0		.5	1,080
		{ Max.....	9	24.9	44.5	13.7	42.4		.8	1,975
		{ Avg.....	9	21.1	40.6	11.9	25.7		.7	1,305
Hind quarter, without tallow and kidney.	{ Edible portion.....	{ Min.....	9	40.4	12.9	21.4		.6	1,225	
		{ Max.....	9	60.4	17.4	46.1		1.0	2,185	
		{ Avg.....	9	54.8	16.2	28.2		.8	1,490	
	{ As purchased.....	{ Min.....	9	9.8	36.5	11.6	17.7		.6	1,015
		{ Max.....	9	20.2	50.0	14.7	41.5		.8	1,965
		{ Avg.....	9	16.7	45.6	13.5	23.5		.7	1,245
Side, including tallow.	{ Edible portion.....	{ Min.....	25	46.9	14.0	14.7		.7	965	
		{ Max.....	25	65.9	18.4	37.8		1.0	1,865	
		{ Avg.....	25	54.2	16.0	28.9		.9	1,515	
	{ As purchased.....	{ Min.....	25	13.0	38.8	11.7	11.2		.6	730
		{ Max.....	25	22.8	55.2	14.0	33.1		.8	1,625
		{ Avg.....	25	18.1	45.4	12.7	23.1		.7	1,210
Side, not including tallow.	{ Edible portion.....	{ Min.....	9	38.8	12.3	23.4		.7	1,305	
		{ Max.....	9	58.8	16.9	48.2		.9	2,260	
		{ Avg.....	9	53.1	15.6	30.5		.8	1,580	
	{ As purchased.....	{ Min.....	9	12.9	33.8	10.7	18.8		.6	1,045
		{ Max.....	9	22.7	47.3	14.0	42.0		.8	1,970
		{ Avg.....	9	19.0	43.0	12.7	24.6		.7	1,275
Heart, as purchased.....	{ Min.....	2		67.4	15.6	11.9		.9	790	
	{ Max.....	2		71.6	18.3	13.4		.9	905	
	{ Avg.....	2	69.5	17.0	12.6		.9	845		
Kidney, as purchased.....	1		78.7	16.8	3.2		1.3	450		
Kidney and kidney fat, as purchased.....	1		18.8	4.3	76.5		.4	3,805		
Kidney fat, tallow, as purchased.....	{ Min.....	2		2.9	1.1	94.9		.1	4,025	
	{ Max.....	2		3.9	1.2	95.8		.1	4,065	
	{ Avg.....	2		3.4	1.1	95.4		.1	4,045	
Liver, as purchased.....	{ Min.....	2		52.7	22.0	4.7	2.1	1.4	645	
	{ Max.....	2		69.8	24.2	13.2	7.9	2.0	1,155	
	{ Avg.....	2		61.2	23.1	9.0	5.0	1.7	900	
Lungs, as purchased.....	{ Min.....	2		74.6	18.8	2.6		1.2	470	
	{ Max.....	2		77.1	21.5	2.9		1.3	510	
	{ Avg.....	2		75.9	20.1	2.8		1.2	490	
<i>Mutton, canned.</i>										
Corned, as purchased.....	1		45.8	27.2	22.8		4.2	1,470		
Tongue, as purchased.....	1		47.6	23.6	24.0		4.8	1,450		
<i>Pork.</i>										
Chuck ribs and shoulder:										
Medium fat.....	{ Edible portion.....	{ Min.....	2		50.3	16.8	30.4		.9	1,595
		{ Max.....	2		51.9	16.9	31.9		.9	1,660
		{ Avg.....	2		50.1	16.9	31.1		.9	1,630
	{ As purchased.....	{ Min.....	2	15.9	40.1	13.5	25.4		.7	1,325
		{ Max.....	2	20.3	43.6	14.1	25.6		.8	1,340
		{ Avg.....	2	18.1	41.8	13.8	25.5		.8	1,335

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.									
Pork—Continued.			<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Flank cut	Edible portion ..	Min ..	3	56.0	16.2	19.4		.9	1,175
		Max ..	3	60.7	18.9	26.9		1.0	1,430
	As purchased ..	Avg. ..	3	59.0	17.8	22.2		1.0	1,265
		Min ..	3	68.6	14.8	4.5	5.0	.2	295
	As purchased ..	Max ..	3	75.5	18.5	5.8	8.4	.3	455
		Avg. ¹ ..	3	71.2	17.0	5.1	6.4	.3	365
Head	Edible portion ..	Min ..	3	38.4	10.5	34.5		.6	1,720
		Max ..	3	50.5	14.2	50.5		.8	2,330
	As purchased ..	Avg. ..	3	45.3	12.7	41.3		.7	1,980
		Min ..	3	51.7	10.7	3.0	8.2	.2	410
	As purchased ..	Max ..	3	77.2	18.5	5.1	24.4	.3	1,125
		Avg. ¹ ..	3	68.4	13.7	3.8	13.9	.2	655
Head cheese	Edible portion ..	Min ..	2	43.8	19.4	27.4		3.4	1,550
		Max ..	2	48.1	21.1	33.4		3.4	1,770
	As purchased ..	Avg. ..	2	46.0	20.2	30.4		3.4	1,660
		Min ..	1	12.1	42.3	18.6	24.0	3.0	1,360
	As purchased ..	Max ..	1	23.5	46.1	15.1	14.5	.8	895
		Avg. ..	11	49.3	14.9	25.0		.8	1,405
Medium fat	Edible portion ..	Min ..	11	55.2	19.5	35.2		1.0	1,765
		Max ..	11	52.0	16.8	30.3		.9	1,590
	As purchased ..	Avg. ..	11	11.5	40.5	13.0	20.8	.7	1,170
		Min ..	11	19.3	46.9	16.3	31.1	.8	1,555
	As purchased ..	Max ..	11	15.8	43.8	14.1	25.6	.7	1,340
		Avg. ¹ ..	3	39.7	12.0	38.8		.6	1,890
Fat	Edible portion ..	Min ..	3	46.7	13.7	48.6		.8	2,245
		Max ..	3	42.1	12.2	45.0		.7	2,125
	As purchased ..	Avg. ..	3	10.1	34.9	9.9	30.4	.6	1,480
		Min ..	3	21.8	36.5	10.7	43.7	.6	2,030
	As purchased ..	Max ..	3	14.6	35.7	10.4	38.7	.6	1,825
		Avg. ¹ ..	15	39.7	12.0	19.0		.6	1,165
All analyses	Edible portion ..	Min ..	15	60.3	19.7	48.6		1.0	2,245
		Max ..	15	50.5	16.1	32.5		.9	1,670
	As purchased ..	Avg. ..	15	10.1	34.9	9.9	14.5	.6	895
		Min ..	15	23.5	46.1	16.3	43.7	.8	2,030
	As purchased ..	Max ..	15	16.0	42.3	13.5	27.5	.7	1,410
		Avg. ¹ ..	15	46.0	14.5	34.9		.7	1,755
Middle cuts	Edible portion ..	Min ..	3	49.4	15.2	38.8		.8	1,905
		Max ..	3	48.2	14.8	36.3		.7	1,810
	As purchased ..	Avg. ..	3	79.0	11.6	3.6	8.2	.2	410
		Min ..	3	76.4	13.8	4.4	11.6	.2	570
	As purchased ..	Max ..	3	71.2	13.8	4.2	10.6	.2	525
		Avg. ¹ ..	3	44.0	12.0	33.0		.6	1,660
Shoulder cut	Edible portion ..	Min ..	3	51.7	14.5	42.1		.8	2,020
		Max ..	3	47.4	13.2	38.7		.7	1,880
	As purchased ..	Avg. ..	3	56.8	18.9	5.0	12.1	.3	610
		Min ..	3	63.4	19.3	5.7	18.2	.3	875
	As purchased ..	Max ..	3	59.6	19.1	5.3	15.7	.3	760
		Avg. ² ..	3	62.4	18.8	12.3		1.0	895
Tenderloin, as purchased	Edible portion ..	Min ..	3	66.4	20.3	17.1		1.0	1,085
		Max ..	3	65.1	19.5	14.4		1.0	970
	As purchased ..	Avg. ..	3	5.5	2.0	86.7		.1	3,705
		Min ..	3	10.5	2.7	92.4		.2	3,935
	As purchased ..	Max ..	3	7.7	2.3	89.9		.1	3,835
		Avg. ..	3	11.0	3.2	78.6		.2	3,400
Belly fat, as purchased	Edible portion ..	Min ..	3	16.7	4.6	85.6		.2	3,670
		Max ..	3	13.8	4.1	81.9		.2	3,530
	As purchased ..	Avg. ..	3	8.3	2.3	87.2		.1	3,725
		Min ..	3	10.2	3.3	89.2		.2	3,810
	As purchased ..	Max ..	3	9.1	2.7	88.0		.2	3,765
		Avg. ¹ ..	3	13.3	4.3	72.8		.2	3,180
Jowl fat, as purchased	Edible portion ..	Min ..	3	21.2	5.7	82.2		.3	3,550
		Max ..	3	16.0	5.0	78.8		.2	3,420
	As purchased ..	Avg. ..	3	57.7	17.7	12.1		.9	870
		Min ..	4	67.6	19.3	22.4		1.1	1,295
	As purchased ..	Max ..	4	62.8	18.5	17.7		1.0	1,090
		Avg. ¹ ..	4	11.6	26.1	7.6	6.1	.4	435
Ham, fresh	Edible portion ..	Min ..	4	58.5	51.1	16.6	19.3	.9	1,145
		Max ..	4	42.4	35.7	10.7	10.6	.6	645
	As purchased ..	Avg. ..	4	57.7	17.7	12.1		.9	870
		Min ..	4	67.6	19.3	22.4		1.1	1,295
	As purchased ..	Max ..	4	62.8	18.5	17.7		1.0	1,090
		Avg. ¹ ..	4	11.6	26.1	7.6	6.1	.4	435

¹ Refuse includes fat trimmings.² Refuse mostly fat and skin.

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.		
ANIMAL FOOD—continued.											
Pork, ham and shoulder—Continued.											
Ham, smoked:			Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.		
Lean.....	Edible portion	Min ..	3	49.5	19.8	17.0		5.4	1,085		
		Max ..	3	57.4	20.7	24.4		5.8	1,415		
		Avg ..	3	53.5	20.2	20.8		5.5	1,255		
	As purchased ..	Min ..	3	8.4	45.3	17.0	14.5	4.8	930		
		Max ..	3	14.3	49.2	19.0	22.3	5.0	1,295		
		Avg ..	3	11.5	47.2	17.9	18.5	4.9	1,115		
Medium fat.	Edible portion	Min ..	13	35.5	12.4	30.3		2.7	1,680		
		Max ..	13	45.6	21.5	44.7		7.4	2,105		
		Avg ..	13	40.7	15.5	39.1		4.7	1,940		
	As purchased ..	Min ..	13	6.7	27.3	10.2	24.5	2.4	1,360		
		Max ..	13	28.4	42.5	17.7	39.9	6.0	1,885		
		Avg ..	13	14.4	34.9	13.3	33.4	4.0	1,655		
Fat	Edible portion	Min ..	3	22.4	14.3	54.5		.6	2,585		
		Max ..	3	29.7	16.7	56.8		6.5	2,674		
		Avg ..	3	25.5	15.4	55.8		3.3	2,640		
	As purchased ..	Min ..	2	2.0	22.0	14.0	51.9	.5	2,460		
		Max ..	2	4.8	28.3	14.5	55.6	6.4	2,605		
		Avg ..	2	3.4	25.2	14.2	53.8	3.4	2,535		
All analyses	Edible portion	Min ..	19	22.4	12.4	17.0		.6	1,085		
		Max ..	19	57.4	21.5	56.8		6.5	2,674		
		Avg ..	19	40.3	16.2	38.8		4.7	1,940		
	As purchased ..	Min ..	18	2.0	22.0	10.2	14.5	.5	930		
		Max ..	18	28.4	49.2	19.0	55.6	6.4	2,605		
		Avg ..	18	12.7	35.9	14.1	33.2	4.1	1,665		
Ham, smoked, boiled, no bone, as purchased.		1		39.2	18.2	37.0		5.6	1,900		
Ham, boneless, raw, without case, as purchased.	Min ..	4		40.3	11.4	17.3		4.4	1,090		
	Max ..	4		55.9	19.4	38.9		7.4	1,905		
	Avg ..	4		50.1	15.4	28.5		6.0	1,490		
Ham, luncheon, boneless, without case, cooked, as purchased.	Min ..	2		47.8	22.8	19.4		5.0	1,285		
	Max ..	2		50.5	25.1	22.7		6.7	1,380		
	Avg ..	2		49.2	24.0	21.0		5.8	1,330		
Ham, deviled, as purchased.....	Min ..	4		38.4	17.9	29.5		2.3	1,595		
	Max ..	4		49.4	20.5	38.9		4.4	1,980		
	Avg ..	4		45.3	18.9	32.9		2.9	1,740		
Shoulder, fresh.	Edible portion	Min ..	5		45.8	14.0	18.5		.7	1,095	
		Max ..	5		63.6	17.0	37.7		.9	1,880	
		Avg ..	5		54.3	15.5	29.4		.8	1,530	
	As purchased ..	Min ..	5	7.1	28.4	7.6	8.2		.4	490	
		Max ..	5	55.4	49.4	13.8	31.9		.8	1,590	
		Avg ..	5	32.5	35.9	10.4	20.7		.5	1,065	
Shoulder, smoked:											
Medium fat.	Edible portion	Min ..	3		41.5	14.6	28.8		5.5	1,515	
		Max ..	3		49.6	16.5	35.0		8.2	1,750	
		Avg ..	3		45.0	15.8	32.5		6.7	1,665	
	As purchased ..	Min ..	3	17.4	34.3	11.7	23.7		4.5	1,250	
		Max ..	3	19.4	40.8	13.6	28.2		6.8	1,430	
		Avg ..	3	18.2	36.8	12.9	26.6		5.5	1,360	
Fat	Edible portion	Min ..	2		22.6	14.5	49.0		4.7	2,345	
		Max ..	2		30.4	14.9	58.2		5.7	2,725	
		Avg ..	2		26.5	14.7	53.6		5.2	2,535	
	As purchased ..	Min ..	2	14.1	16.7	10.7	42.1		3.5	2,015	
		Max ..	2	26.0	26.1	12.8	43.1		4.9	2,020	
		Avg ..	2	20.0	21.4	11.8	42.6		4.2	2,015	
All analyses	Edible portion	Min ..	5		22.6	14.5	28.8		4.7	1,515	
		Max ..	5		49.6	16.5	58.2		8.2	2,725	
		Avg ..	5		37.6	15.3	41.0		6.1	2,015	
	As purchased ..	Min ..	5	14.1	16.7	10.7	23.7		3.5	1,250	
		Max ..	5	26.0	40.8	13.6	43.1		6.8	2,020	
		Avg ..	5	18.9	30.7	12.4	33.0		5.0	1,625	
Shoulder, dried and smoked, Swedish imported, lean, as purchased.....		1		47.8	32.6	12.8		6.8	1,145		
Pork, salted and pickled.											
Dry salted backs	Edible portion	Min ..	2		17.0	5.7	71.6		2.2	3,180	
		Max ..	2		17.6	8.6	73.8		3.5	3,220	
		Avg ..	2		17.3	7.2	72.7		2.8	3,200	
	As purchased ..	Min ..	2		7.0	15.8	5.3	65.0		2.1	2,890
		Max ..	2		9.2	15.9	7.8	68.6		3.3	2,995
		Avg ..	2		8.1	15.9	6.5	66.8		2.7	2,940

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.		
ANIMAL FOOD—continued.											
Pork, salted and pickled—Continued.											
Dry salted belly.	{	Edible portion	Min ..	2	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.	
		Max ..	2	17.2	6.7	71.5		3.2	3,150		
		Avg ..	2	18.1	6.8	72.9		3.6	3,200		
		Min ..	2	17.7	6.7	72.2		3.4	3,175		
		Max ..	2	7.1	15.6	6.0	66.1		3.0	2,900	
		Avg ..	2	9.3	16.8	6.3	66.4		3.4	2,920	
Salt pork, clear fat, as purchased.	{	Min ..	6		.3	.6	82.8		2.6	3,510	
		Max ..	6		12.2	4.5	94.1		4.5	4,010	
		Avg ..	6		7.3	1.8	87.2		3.7	3,715	
Salt pork, lean ends.	{	Edible portion	Min ..	4		18.2	6.6	62.3		5.3	2,805
		Max ..	4		22.2	9.4	69.8		6.1	3,070	
		Avg ..	4		19.9	7.3	67.1		5.7	2,965	
		Min ..	4	9.0	16.2	5.8	53.6		4.8	2,410	
		Max ..	4	14.0	19.1	8.0	63.5		5.5	2,790	
		Avg ..	4	11.2	17.6	6.5	59.6		5.1	2,635	
Tongue	{	Edible portion	Min ..	2		51.8	17.6	16.5		.5	1,025
		Max ..	2		65.4	18.4	23.1		6.7	1,315	
		Avg ..	2		58.6	18.0	19.8		3.6	1,170	
		Min ..	2	1.2	49.1	17.4	16.3		.5	1,010	
		Max ..	2	5.2	64.6	17.5	21.9		6.3	1,250	
		Avg ..	2	3.2	56.8	17.5	19.1		3.4	1,130	
Feet	{	Edible portion	Min ..	2		61.7	12.9	11.5		.9	725
		Max ..	2		74.7	19.2	18.1		1.0	1,120	
		Avg ..	2		68.2	16.1	14.8		.9	925	
		Min ..	2	26.7	34.4	9.4	8.5		.5	535	
		Max ..	2	44.3	54.7	10.7	10.1		.7	625	
		Avg ..	2	35.5	44.6	10.0	9.3		.6	550	
Bacon, smoked:	{	Edible portion	1		32.7	16.4	45.2		5.7	2,210	
		As purchased	1	9.6	29.6	14.9	40.8		5.1	2,000	
Medium fat.	{	Edible portion	Min ..	12		7.7	6.8	57.4		2.7	2,640
		Max ..	12		26.9	13.4	79.7		7.9	3,510	
		Avg ..	12		18.2	10.0	67.2		4.6	3,020	
		Min ..	12	2.9	7.1	6.2	52.7		2.4	2,420	
		Max ..	12	13.0	24.8	12.1	72.8		7.2	3,200	
		Avg ..	12	8.0	16.8	9.2	61.8		4.2	2,780	
All analyses	{	Edible portion	Min ..	13		7.7	6.8	45.2		2.7	2,210
		Max ..	13		32.7	16.4	79.7		7.9	3,510	
		Avg ..	13		19.3	10.5	65.5		4.7	2,960	
		Min ..	13	2.9	7.1	6.2	40.8		2.4	2,000	
		Max ..	13	13.0	29.6	14.9	72.8		5.1	3,200	
		Avg ..	13	8.1	17.8	9.6	60.2		4.3	2,720	
Pork, organs and sides.											
Heart, as purchased	1		75.6	17.1	6.3		1.0	585			
Kidney, as purchased	1		79.5	15.2	4.1		1.2	455			
Liver, as purchased	1		71.4	21.3	4.5	1.4	1.4	610			
Lungs, as purchased	1		83.3	11.8	4.0		.9	390			
Pork side ¹	{	Edible portion	Min ..	3		26.2	7.8	59.1		.4	2,655
		Max ..	3		31.8	8.9	65.6		.5	2,915	
		Avg ..	3		29.4	8.5	61.7		.4	2,760	
		Min ..	3	7.9	24.1	7.2	51.1		.4	2,295	
		Max ..	3	13.5	27.5	7.8	60.4		.4	2,685	
		Avg ..	3	11.2	26.1	7.5	54.8		.4	2,455	
Pork, canned.											
Head, as purchased	1		60.1	17.8	19.3		2.8	1,145			
Sausage.											
Arles	{	Edible portion	1		17.2	24.9	50.6		7.3	2,600	
		As purchased	1	5.2	16.3	23.6	48.0		6.9	2,465	
Banquet	{	Edible portion	1		62.7	17.9	15.7		3.7	995	
		As purchased	1	1.6	61.7	17.7	15.4		3.6	980	
Bologna	{	Edible portion	Min ..	7		53.5	15.0	11.1		3.0	820
		Max ..	7		67.0	20.7	24.0		.5	1,290	
		Avg ..	7		59.5	18.6	18.2		.1	1,115	
		Min ..	4	2.4	51.6	14.6	13.9		3.0	935	
		Max ..	4	4.5	59.9	20.0	23.4		5.0	1,260	
		Avg .. ²	4	3.3	55.2	18.0	19.7		3.8	1,165	

¹ Lard and other fats included.² Refuse, skin.

² Refuse, liquid.

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.										
Soups—Continued.										
Turtle, green, as purchased	1	Per ct.	86.6	6.1	1.9	3.9	1.5	Calories.	270	
Vegetable, as purchased	1		95.7	2.9		.5	.9		65	
Poultry and game, fresh.										
Chicken	{	Edible portion	Min ..	2	72.2	21.1	1.6	1.0	460	
		Max ..	2	76.3	24.5	1.9	1.4	535		
		Avg ..	2	74.2	22.8	1.8	1.2	500		
	{	As purchased ..	Min ..	2	31.4	44.6	14.4	1.1	.7	315
		Max ..	2	38.2	52.4	15.1	1.2	.9	330	
		Avg ..	2	34.8	48.5	14.8	1.1	.8	325	
Fowl	{	Edible portion	Min ..	5	62.8	11.8	12.5	1.0	890	
		Max ..	5	71.0	21.1	15.9	1.3	1,020		
		Avg ..	5	65.2	19.3	14.4	1.1	965		
	{	As purchased ..	Min ..	5	18.0	38.3	9.7	7.2	.6	510
		Max ..	5	42.7	58.2	14.8	13.0	1.1	780	
		Avg ..	5	30.0	45.6	13.4	10.2	.8	680	
Goose	{	Edible portion	Min ..	2	37.9	9.8	36.2	.7	1,830	
		Max ..	2	46.7	16.3	51.6	.8	2,360		
		Avg ..	2	42.3	13.0	43.9	.8	2,095		
	{	As purchased ..	Min ..	2	17.6	27.8	7.2	29.8	.5	1,505
		Max ..	2	26.7	38.5	13.4	37.8	.7	1,730	
		Avg ..	2	22.2	33.1	10.3	33.8	.6	1,620	
Turkey	{	Edible portion	Min ..	3	49.5	18.9	8.7	.9	810	
		Max ..	3	66.1	23.9	30.7	1.3	1,050		
		Avg ..	3	55.5	20.6	22.9	1.0	1,350		
	{	As purchased ..	Min ..	3	17.1	41.1	15.5	5.9	.7	550
		Max ..	3	32.4	44.7	16.1	25.5	.9	1,365	
		Avg ..	3	23.7	42.4	15.7	18.4	.8	1,070	
Chicken, gizzard, as purchased	1		72.5	24.7	1.4	1.4	520			
Chicken, heart, as purchased	1		72.0	21.1	5.5	1.4	625			
Chicken, liver, as purchased	1		69.3	22.4	4.2	2.4	1.7	635		
Goose, gizzard, as purchased	1		73.8	19.4	5.8	1.0	605			
Goose, heart, as purchased	1		62.6	16.6	15.9	3.7	1.2	980		
Turkey, gizzard, as purchased	1		62.7	20.5	14.5	1.2	1.1	1,015		
Turkey, heart, as purchased	1		68.6	17.2	13.2	1.0	875			
Turkey, liver, as purchased	1		69.6	22.9	5.2	.6	1.7	655		
Poultry and game, canned.										
Chicken, as purchased	1		46.9	20.5	30.0		2.6	1,645		
Plover, as purchased	1		57.7	22.4	10.2	7.6	2.1	990		
Quail, as purchased	1		66.9	21.8	8.0	1.7	1.6	775		
Turkey, as purchased	1		47.4	20.7	29.2		2.7	1,615		
Fish.										
Alewife, whole..	{	Edible portion	Min ..	2	72.7	18.8	3.8	1.5	510	
		Max ..	2	75.9	19.5	6.0	1.5	615		
		Avg ..	2	74.4	19.2	4.9	1.5	565		
	{	As purchased ..	Min ..	2	49.4	36.9	9.5	1.9	.8	255
		Max ..	2	49.5	38.3	9.9	3.0	.8	310	
		Avg ..	2	49.5	37.6	9.7	2.4	.8	280	
Bass, black, whole.	{	Edible portion	Min ..	2	74.8	19.2	1.0	1.2	400	
		Max ..	2	78.6	21.5	2.5	1.2	505		
		Avg ..	2	76.7	20.4	1.7	1.2	450		
	{	As purchased ..	Min ..	2	53.6	34.6	8.5	.4	.5	175
		Max ..	2	56.0	34.7	10.0	1.1	.6	230	
		Avg ..	2	54.8	34.6	9.3	.8	.5	205	
Bass, red, whole.	Edible portion		1	81.6	16.7	.5	1.2	330		
	As purchased ..		1	63.5	29.8	6.1	.2	4	120	
	Edible portion		1	79.3	18.8	.5	1.4	370		
Bass, sea, whole.	As purchased ..		1	56.1	34.8	8.3	.2	.6	160	
	Edible portion	{	Min ..	6	75.8	16.9	2.1	.9	405	
	Max ..	6	79.6	19.3	4.6	1.4	525			
Bass, striped, whole.	{	Avg ..	6	77.7	18.3	2.8	1.2	460		
		Min ..	5	48.6	32.5	7.2	.7	.5	170	
		Max ..	5	57.1	39.7	9.7	1.6	.6	240	
	Avg ..	5	55.0	35.1	8.3	1.1	.5	200		
	As purchased ..		1	51.2	37.4	8.7	2.2	.5	255	
Blackfish, whole	{	Edible portion	Min ..	4	77.0	17.4	.6	.7	350	
		Max ..	4	81.0	19.0	2.8	1.4	470		
		Avg ..	4	79.1	18.5	1.3	1.1	400		
	{	As purchased ..	Min ..	2	56.2	29.2	6.3	.2	.2	125
		Max ..	2	64.1	33.7	8.3	1.2	.6	205	
		Avg ..	2	60.1	31.5	7.3	.7	.4	165	

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.									
<i>Fish—Continued.</i>									
			<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Blackfish, entrails removed, as purchased.	{ Min..	2	53.6	33.5	7.9	.4		.4	165
	{ Max..	2	57.8	36.4	8.7	.7		.6	190
	{ Avg..	2	55.7	35.0	8.3	.5		.5	175
Bluefish, entrails removed.	{ Edible portion.	1		78.5	19.0	1.2		1.3	405
	{ As purchased.	1	48.6	40.3	9.8	.6		.7	205
	{ Edible portion.	1		78.6	17.9	2.3		1.2	430
Buffalo-fish, entrails removed.	{ As purchased.	1	52.5	37.3	8.5	1.1		.6	205
	{ Edible portion.	1		70.0	17.8	11.0		1.2	795
	{ As purchased.	1	42.8	40.1	10.2	6.3		.6	455
Butter-fish, whole.	{ Edible portion.	1		76.1	19.1	3.5		1.3	505
	{ As purchased.	1	42.7	43.6	11.0	2.0		.7	290
Cisco, whole....	{ Min..	5		80.7	15.0	.3		1.0	285
	{ Max..	5		83.5	17.6	.5		1.3	340
	{ Avg..	5		82.6	15.8	.4		1.2	310
Cod, whole.....	{ Min..	2	48.5	35.1	7.7	.1		.6	145
	{ Max..	2	56.5	42.3	8.3	.3		.6	165
	{ Avg..	2	52.5	38.7	8.0	.2		.6	155
Cod, dressed, as purchased.....	{ Min..	3	25.5	55.3	9.9	.2		.8	190
	{ Max..	3	33.7	62.1	11.4	.3		.9	220
	{ Avg..	3	29.9	58.5	10.6	.2		.8	205
Cod, sections, as purchased.....	{ Min..	3		81.8	15.0	.1		.8	300
	{ Max..	3		83.5	17.2	.5		1.0	330
	{ Avg..	3		82.5	16.3	.3		.9	315
Cod, steaks.....	{ Edible portion.	1		79.7	18.6	.5		1.2	365
	{ As purchased.	1	9.2	72.4	16.9	.5		1.0	335
Cusk, entrails removed.	{ Edible portion.	1		82.0	16.9	.2		.9	325
	{ As purchased.	1	40.3	49.0	10.1	.1		.5	190
Eels, salt water, dressed.	{ Min..	2		69.8	17.6	7.9		.9	660
	{ Max..	2		73.4	19.0	10.3		1.1	790
	{ Avg..	2		71.6	18.3	9.1		1.0	725
Flounder, whole	{ Min..	2	19.0	54.9	14.3	6.4		.7	535
	{ Max..	2	21.4	59.4	14.9	8.1		.9	620
	{ Avg..	2	20.2	57.2	14.6	7.2		.8	575
Flounder, entrails removed, as purchased.	{ Min..	3		83.4	12.9	.4		1.2	275
	{ Max..	3		85.0	14.7	.7		1.3	300
	{ Avg..	3		84.2	13.9	.6		1.3	285
Haddock, entrails removed.	{ Min..	2	56.2	27.2	5.2	.2		.5	120
	{ Max..	2	66.8	37.0	6.1	.3		.5	130
	{ Avg..	2	61.5	32.1	5.6	.3		.5	115
Hake, entrails removed.	{ Min..	4	57.0	35.8	6.3	.3		.6	130
	{ Max..	4		80.3	15.9	.1		1.0	305
	{ Avg..	4		82.6	18.4	.4		1.6	350
Halibut, steaks or sections.	{ Min..	4		81.7	16.8	.3		1.2	325
	{ Max..	4	48.0	38.5	7.8	.1		.5	150
	{ Avg..	4	52.9	42.9	8.9	.2		.8	170
Herring, whole.	{ Min..	4	51.0	40.0	8.2	.2		.6	160
	{ Max..	1		83.1	15.2	.7		1.0	310
	{ Avg..	1	52.5	39.5	7.2	.3		.5	145
Kingfish, whole.	{ Min..	3		70.1	17.5	2.2		.9	420
	{ Max..	3		79.2	19.4	10.6		1.2	785
	{ Avg..	3		75.4	18.3	5.2		1.1	560
Lamprey, whole.	{ Min..	3	11.2	60.9	13.4	1.7		.7	320
	{ Max..	3	23.1	62.6	16.1	9.4		1.0	695
	{ Avg..	3	17.7	61.9	15.1	4.4		.9	465
Mackerel, whole	{ Min..	2		69.0	18.5	3.2		1.5	490
	{ Max..	2		76.0	19.2	11.0		1.6	810
	{ Avg..	2		72.5	18.9	7.1		1.5	650
Mullet, whole...	{ Min..	2	39.3	37.3	10.0	1.9		.8	300
	{ Max..	2	46.0	46.1	11.7	5.9		1.0	435
	{ Avg..	2	42.6	41.7	10.9	3.9		.9	370
Muskellunge, whole.	{ Min..	1		79.2	18.7	.9		1.2	385
	{ Max..	1	56.6	34.4	8.1	.4		.5	170
	{ Avg..	1		71.1	14.9	13.3		.7	840
Pike, whole.	{ Min..	1	45.8	38.5	8.1	2.2		.4	455
	{ Max..	6		64.0	17.5	.2		1.0	430
	{ Avg..	6		78.7	19.3	16.3		1.5	1,025
Salmon, whole	{ Min..	6		73.4	18.2	7.1		1.3	640
	{ Max..	5	33.8	35.8	8.4	1.4		.6	300
	{ Avg..	5	57.9	48.5	12.1	10.7		1.0	675
Shad, whole.	{ Min..	5	44.6	40.4	10.0	4.3		.7	370
	{ Max..	1	40.7	43.7	11.4	3.5		.7	360
	{ Avg..	1		74.9	19.3	4.6		1.2	555
Sardine, whole.	{ Min..	1	57.9	31.5	8.1	2.0		.5	235
	{ Max..	1		76.3	19.6	2.5		1.6	470
	{ Avg..	1	49.2	38.7	10.0	1.3		.8	240

Composition of American food products—Continued.

Food materials.			Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.											
Fish—Continued.											
				Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.	
Perch, white, whole.	{ Edible portion	{ Min ..	2	75.6	17.7	2.5	1.1	485			
		{ Max ..	2	75.8	20.4	5.6	1.3	565			
		{ Avg. ..	2	75.7	19.1	4.0	1.2	525			
		{ Min ..	2	61.8	27.8	6.5	1.0	185			
		{ As purchased ..	2	63.2	28.9	7.8	2.1	210			
Perch, pike (wall-eyed pike).	{ Edible portion	{ Min ..	1	62.5	28.4	7.2	1.5	195			
		{ Max ..	1	79.7	18.4	.5	1.4	365			
		{ As purchased ..	1	57.2	34.1	7.9	.2	155			
		{ Min ..	2	78.1	17.9	.6	1.1	360			
		{ Max ..	2	80.4	19.5	1.1	1.3	410			
Perch, yellow, whole.	{ Edible portion	{ Avg. ..	2	79.3	18.7	.8	1.2	385			
		{ As purchased ..	1	62.7	30.0	6.7	.4	135			
		{ Min ..	1	35.1	50.7	12.6	.7	265			
		{ Max ..	2	79.5	18.4	.5	1.0	365			
		{ As purchased ..	3	79.9	18.9	.6	1.2	375			
Pickerel (pike), whole.	{ Edible portion	{ Avg. ..	3	79.8	18.6	.5	1.1	365			
		{ Min ..	2	45.4	40.8	9.7	.2	.6	190		
		{ As purchased ..	2	48.7	43.6	10.2	.3	.7	200		
		{ Max ..	2	47.1	42.2	9.8	.2	.7	190		
		{ Avg. ..	2	47.1	42.2	9.8	.2	.7	190		
Pickerel (pike), entrails removed, as purchased				1	42.7	45.7	10.7	.3	.6	210	
Pike, gray, whole.	{ Edible portion	{ Min ..	1	80.8	17.3	.8	1.1	355			
		{ Max ..	1	63.2	29.7	6.4	.3	.4	130		
		{ As purchased ..	1	76.0	21.7	.8	1.5	440			
		{ Min ..	1	28.5	54.3	15.5	.6	315			
		{ As purchased ..	1	28.5	54.3	15.5	.6	315			
Pollock, dressed	{ Edible portion	{ Min ..	2	67.4	18.1	1.6	1.0	405			
		{ Max ..	2	78.2	19.2	13.5	1.0	925			
		{ Avg. ..	2	72.8	18.7	7.5	1.0	665			
		{ Min ..	2	42.4	38.8	9.9	.8	.5	220		
		{ As purchased ..	2	48.6	40.2	10.5	.7	.5	525		
Pompano, whole	{ Edible portion	{ Avg. ..	2	45.5	39.5	10.2	4.3	.5	370		
		{ Min ..	3	72.0	17.5	1.5	1.4	390			
		{ Max ..	3	79.7	19.3	7.9	1.4	685			
		{ As purchased ..	3	75.0	18.5	5.1	1.4	560			
		{ Min ..	3	57.3	27.8	6.1	.5	135			
Porgy, whole ...	{ Edible portion	{ Max ..	3	65.1	31.1	8.2	3.4	.6	295		
		{ As purchased ..	3	60.0	29.9	7.4	2.1	.6	225		
		{ Min ..	2	79.0	18.4	.5	1.1	365			
		{ Max ..	2	79.9	19.2	.7	1.2	385			
		{ Avg. ..	2	79.5	18.8	.6	1.1	375			
Red grouper, entrails removed.	{ Edible portion	{ Min ..	2	55.8	34.8	8.2	.2	.5	160		
		{ Max ..	2	55.9	35.3	8.5	.3	.5	170		
		{ As purchased ..	2	55.9	35.0	8.4	.2	.5	165		
		{ Min ..	3	77.3	18.3	.5	1.3	360			
		{ Max ..	3	79.8	19.9	1.9	1.3	440			
Red snapper, whole.	{ Edible portion	{ Avg. ..	3	78.5	19.2	1.0	1.3	400			
		{ Min ..	2	39.6	36.8	9.2	.4	.6	190		
		{ As purchased ..	2	52.5	47.2	12.0	.9	.8	260		
		{ Max ..	2	46.1	42.0	10.6	.6	.7	220		
		{ Avg. ..	2	46.1	42.0	10.6	.6	.7	220		
Red snapper, entrails and gills removed, as purchased				1	45.3	43.7	10.0	.3	.7	200	
Salmon, whole ..	{ Edible portion	{ Min ..	7	61.0	17.3	10.2	1.1	855			
		{ Max ..	7	69.5	24.5	15.0	1.6	1,005			
		{ Avg. ..	7	65.2	20.6	12.8	1.4	925			
		{ Min ..	5	30.8	30.0	7.7	.4	.6	370		
		{ As purchased ..	5	56.3	45.0	14.8	10.0	1.0	670		
Salmon, entrails removed, as purchased.	{ Edible portion	{ Avg. ..	5	39.2	39.4	12.4	8.1	.9	570		
		{ Min ..	2	23.8	45.0	12.4	6.6	.9	510		
		{ Max ..	2	35.2	51.2	14.6	9.5	.9	675		
		{ Avg. ..	2	29.5	48.1	13.5	8.1	.8	590		
		{ Min ..	2	62.7	17.0	16.5	1.0	1,030			
Salmon, California, sections.	{ Edible portion	{ Max ..	2	64.5	18.0	19.2	1.1	1,125			
		{ Avg. ..	2	63.6	17.5	17.9	1.0	1,080			
		{ As purchased ..	1	10.3	57.9	16.1	14.8	.9	925		
		{ Min ..	7	65.3	17.8	6.5	.9	630			
		{ Max ..	7	73.6	20.0	13.6	1.5	940			
Shad, whole.....	{ Edible portion	{ Avg. ..	7	70.6	18.6	9.5	1.3	745			
		{ Min ..	7	44.4	30.3	7.4	2.9	.6	260		
		{ As purchased ..	7	58.8	39.5	10.5	7.3	.8	505		
		{ Max ..	7	50.1	35.2	9.2	4.8	.7	375		
		{ Avg. ..	7	50.1	35.2	9.2	4.8	.7	375		
Shad roe, as purchased				1	71.2	20.9	3.8	2.6	1.5	600	
Sheepshead, whole.	{ Edible portion	{ Min ..	2	72.0	18.9	.7	1.1	380			
		{ Max ..	2	79.1	20.2	6.7	1.3	660			
		{ Avg. ..	2	75.6	19.5	3.7	1.2	520			
		{ As purchased ..	1	66.0	26.9	6.4	.2	.5	125		
		{ Max ..	1	66.0	26.9	6.4	.2	.5	125		

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.								
<i>Fish—Continued.</i>								
Sheepshead, entrails removed, as purchased.....	1	<i>Per ct.</i> 56.5	<i>Per ct.</i> 31.3	<i>Per ct.</i> 8.8	<i>Per ct.</i> 2.9		.5	285
Skate, lohe of { Edible portion.....	1		82.2	15.3	1.4		1.1	345
body. { As purchased.....	1	51.0	40.2	7.5	.7		.6	170
Smelt, whole....	{ Edible portion {	Min.....	78.2	15.9	1.6		1.4	375
		Max.....	80.2	18.8	1.9		2.0	420
		Avg.....	79.2	17.3	1.8		1.7	400
	{ As purchased.. {	Min.....	34.8	39.9	9.6		.7	215
		Max.....	49.0	52.3	10.4		1.3	245
		Avg.....	41.9	46.1	10.0		1.0	230
Spanish mack- { Edible portion.....	1		68.1	21.0	9.4		1.5	790
erel, whole. { As purchased.....	1	34.6	44.5	13.7	6.2		1.0	515
Sturgeon, ante- { Edible portion.....	1		78.7	18.0	1.9		1.4	415
rior sections. { As purchased.....	1	14.4	67.4	15.4	1.6		1.2	355
Trout, brook, { Edible portion {	{	Min.....	75.8	18.4			1.0	380
		Max.....	79.8	20.0	2.9		1.2	495
		Avg.....	77.8	18.9	2.1		1.2	440
	{ As purchased.. {	Min.....	45.2	38.6	9.2		.5	225
		Max.....	50.1	43.8	10.2		.7	255
		Avg.....	48.1	40.4	9.8		.6	230
Tomcod, whole. { Edible portion.....	1		81.5	17.1	.4		1.0	335
As purchased.....	1	59.9	32.7	6.8	.2		.4	135
Turbot, whole.. { Edible portion.....	1		71.4	12.9	14.4		1.3	850
As purchased.....	1	47.7	37.3	6.8	7.5		.7	440
Weakfish, whole { Edible portion.....	1		79.0	17.4	2.4		1.2	425
As purchased.....	1	51.9	38.0	8.4	1.1		.6	200
Whitefish, whole { Edible portion.....	1		69.8	22.1	6.5		1.6	685
As purchased.....	1	53.5	32.5	10.3	3.0		.7	325
<i>Fish, preserved and canned.</i>								
Cod, salt.....	{ Edible portion {	Min.....	53.5	21.2	.3		24.3	405
		Max.....	53.6	21.7	.4		25.0	420
		Avg.....	53.6	21.4	.4		24.6	415
	{ As purchased.. {	Min.....	24.3	40.0	15.7		18.4	305
		Max.....	25.5	40.5	16.4		18.5	320
		Avg.....	24.9	40.3	16.0		18.4	315
Cod, boneless, salt, as purchased.....	1		54.4	22.2	.3		23.1	425
Haddock, { Edible portion.....	1		72.5	23.7	.2		3.6	450
smoked. { As purchased.....	1	32.2	49.2	16.1	.1		2.4	305
Haddock, smoked, canned, cooked, as purchased.....	1		68.7	21.8	2.3		7.2	505
Halibut, smoked { Edible portion {	{	Min.....	47.7	18.1	14.4		14.9	995
		Max.....	51.1	23.0	15.6		15.2	1,035
		Avg.....	49.4	20.6	15.0		15.0	1,015
	{ As purchased.. {	Min.....	5.9	44.9	16.7		13.9	920
		Max.....	8.0	47.0	21.6		14.0	975
		Avg.....	7.0	46.0	19.1		13.9	945
Herring, smoked, { Edible portion.....	1		34.6	36.4	15.8		13.2	1,345
entrails removed. { As purchased.....	1	44.4	19.2	20.2	8.8		7.4	745
Lamprey, canned, { Edible portion.....	1		63.3	16.9	12.2	3.6	4.0	895
Russia. { As purchased.....	1	18.2	51.7	13.8	10.0	3.0	3.3	735
Mackerel, salt, en- { Edible portion.....	1		42.2	22.0	22.6		13.2	1,360
trails removed. { As purchased.....	1	22.9	32.5	17.0	17.4		10.2	1,050
Mackerel, salt, { Edible portion {	{	Min.....	43.2	16.9	24.9		12.0	1,380
		Max.....	43.6	17.7	27.9		13.8	1,490
		Avg.....	43.4	17.3	26.4		12.9	1,435
	{ As purchased.. {	Min.....	17.0	33.8	13.7		10.0	1,070
		Max.....	22.4	35.8	14.0		10.8	1,230
		Avg.....	19.7	34.8	13.9		10.4	1,150
Mackerel, salt, canned, as purchased.....	1		68.2	19.9	8.7		3.2	735
Mackerel, salt, { Edible portion.....	1		58.2	22.0	14.1	1.6	4.1	1,035
canned in oil. { As purchased.....	1	131.5	39.9	15.0	9.7	1.1	2.8	710
Minogy, pickled, { Edible portion.....	1		56.5	21.9	18.6		3.0	1,190
canned. { As purchased.....	1	18.7	46.0	17.8	15.1		2.4	970
Pilchard in tomatoes, canned, Russia, as purchased.....	1		52.7	27.5	15.8		4.0	1,180
Salmon, canned { Edible portion {	{	Min.....	57.5	17.2	2.4		1.8	420
		Max.....	71.1	23.7	21.5	7.1	2.5	1,265
		Avg.....	64.9	20.7	10.8	1.2	2.4	865
	{ As purchased.. {	Min.....	11.7	54.6	18.8	7.0	1.5	660
		Max.....	16.9	58.2	20.3	9.8	2.4	765
		Avg.....	14.2	56.8	19.5	7.5	2.0	680
Sardines, canned { Edible portion.....	1		56.4	25.3	12.7		5.6	1,010
As purchased.....	1	5.0	53.6	24.0	12.1		5.3	955

¹ Refuse, oil.² Refuse, liquids.

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.		
ANIMAL FOOD—continued.											
Fish, preserved and canned—Continued.											
Sturgeon, dried, { Edible portion	1		Per ct. 50.6	Per ct. 32.2	Per ct. 9.6	Per ct. 7.6	Calories. 1,005				
Russia. { As purchased	1		12.7	44.1	28.1	8.4	6.7	875			
Sturgeon, caviare, pressed, Russia, as purchased	1		38.1	30.0	19.7	7.6	4.6	1,530			
Tunny, canned, as purchased	1		72.7	21.5	4.1		1.7	575			
Tunny, canned, { Edible portion	1		51.3	23.8	20.0	.6	4.3	1,295			
in oil, Russia. { As purchased	1		16.7	42.7	20.3	16.7	3.6	1,085			
Shellfish, etc., fresh.											
Clams, long, in shell. {	{	Min ..	4	85.0	8.1	1.0	1.6	2.0	225		
		Max ..	4	86.1	9.0	1.2	2.5	3.0	255		
		Avg ..	4	85.8	8.6	1.0	2.0	2.6	240		
		Min ..	4	39.9	47.2	4.4	.5	.9	120		
		Max ..	4	45.2	51.7	5.2	.7	1.5	150		
Clams, round, in shell. {	{	Avg ..	4	41.9	49.9	5.0	.6	1.1	140		
		Min ..	1	86.2	6.5	.4	4.2	2.7	215		
		Max ..	1	67.5	28.0	2.1	1.1	.9	70		
		Avg ..	1	80.8	10.6	1.1	5.2	2.3	340		
		Min ..	1	77.1	16.6	2.0	1.2	3.1	415		
Crabs, hard, whole. {	{	Max ..	1	52.4	36.7	7.9	.9	.6	195		
		Min ..	1	81.2	16.0	.5	1.0	1.3	335		
		Avg ..	1	86.6	10.9	2.1	.1	.2	45		
		Min ..	4	68.6	11.6	1.5		1.6	290		
		Max ..	4	84.3	25.4	2.5	.9	4.0	555		
Lobster, whole. {	{	Avg ..	4	79.2	16.4	1.8	.4	2.2	390		
		Min ..	4	44.0	18.0	4.4	.5	.6	115		
		Max ..	4	73.7	47.2	6.5	.9	1.1	165		
		Avg ..	4	61.7	30.7	5.9	.7	.2	145		
		Min ..	1	84.2	8.7	1.1	4.1	1.9	285		
Mussels. {	{	Max ..	1	46.7	44.9	4.6	.6	2.2	150		
		Min ..	34	80.5	4.2	.6	1.8	1.2	135		
		Max ..	34	90.9	10.0	1.9	6.7	2.8	360		
		Avg ..	34	86.9	6.2	1.2	3.7	2.0	230		
		Min ..	34	74.0	10.7	.5	.1	.2	30		
Oysters in the shell. {	{	Max ..	34	88.3	23.1	1.8	.4	1.3	65		
		Avg ..	34	81.4	16.1	1.2	.2	.7	45		
		Min ..	6	85.2	5.7	.9	1.7	.7	175		
		Max ..	6	91.0	6.6	1.8	5.6	1.1	305		
		Avg ..	6	88.3	6.1	1.4	3.3	.9	235		
Oysters, "solids," as purchased. {	{	Min ..	2	77.8	14.5		1.1	1.3	310		
		Max ..	2	82.8	15.1	.3	5.6	1.5	385		
		Avg ..	2	80.3	14.8	.1	3.4	1.4	345		
		Min ..	1	74.5	21.0	3.5		1.0	540		
		Max ..	1	75.4	18.3	.2	.9	.2	135		
Turtle, green, whole. {	{	Avg ..	1	79.8	18.5	.5		1.2	365		
		Min ..	1	76.0	19.2	4.4	.1	.3	85		
		Shellfish, canned.									
		Clams, long, as purchased	1		84.5	9.0	1.3	2.9	2.3	275	
		Clams, round, as purchased	1		82.9	10.5	.8	3.0	2.8	285	
Crabs, as purchased. {	{	Min ..	2	78.9	15.6	.8	.8	1.8	340		
		Max ..	2	81.0	16.0	2.3	.7	2.1	410		
		Avg ..	2	80.0	15.8	1.5	.7	2.0	370		
		Min ..	5	76.2	16.7	.5	.5	2.1	340		
		Max ..	5	79.4	19.5	1.7	.6	2.8	445		
Lobsters, as purchased. {	{	Avg ..	5	77.8	18.1	1.1	.5	2.5	395		
		Min ..	3	84.6	7.0	2.0	4.1	1.2	285		
		Max ..	3	86.0	8.0	2.2	5.2	1.4	310		
		Avg ..	3	85.2	7.4	2.1	4.0	1.3	300		
		Min ..	1	70.8	25.4	1.0	.2	2.6	520		
Eggs.											
Hens' eggs. {	{	Min ..	39	68.2	9.8	9.1		.6	650		
		Max ..	39	75.3	17.4	15.1		1.6	885		
		Avg ..	39	73.5	14.9	10.6		1.0	725		
		Min ..	3	10.5	66.0	13.1	9.5	.9	645		
		Avg ..	3								
Dairy products, etc.											
Butter						82.4			3,475		
Whole milk				87.0	3.3	4.0	5.0	.7	325		
Skim milk				90.5	3.4	.3	5.1	.7	170		
Buttermilk				91.0	3.0	.5	4.8	.7	165		

¹ Refuse, oil.² Refuse of whole.³ Average per cent shell in several determinations.⁴ Average per cent butter fat found in the 90-day Columbian butter test.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.								
Dairy products, etc.—Continued.								
		Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calorics.
Condensed milk	{ Min ..	7	25.7	6.0	.4	44.4	1.9	1,270
	{ Max ..	7	37.3	10.4	9.8	56.9	2.1	1,520
	{ Avg ..	7	30.5	8.2	7.1	52.3	1.9	1,425
Cream	{ Avg ..		74.0	2.5	18.5	4.5	.5	910
Cheese:								
American pale	1		31.6	28.8	36.2		3.4	2,060
American red	1		28.6	29.6	38.3		3.5	2,165
Boudon	1		55.2	15.4	21.7	.7	7.0	1,215
Cheddar	1		35.6	28.2	32.0		4.2	1,875
Cheshire	1		37.1	26.9	31.6		4.4	1,835
Crown brand	1		31.4	5.2	58.0	2.2	3.2	2,585
Dutch	1		35.2	37.1	17.7		10.0	1,435
Brie	1		60.2	15.9	21.0	1.4	1.5	1,210
Imitation old English	1		20.7	30.1	42.7	1.3	5.2	2,385
Limburger	1		42.1	23.0	29.4	.4	5.1	1,675
Neufchatel	{ Min ..	2	42.7	15.1	22.3	.2	2.3	1,275
	{ Max ..	2	57.2	22.3	32.5	2.9	2.5	1,790
	{ Avg ..	2	50.0	18.7	27.4	1.5	2.4	1,530
Pineapple	{ Min ..	5	11.6	27.0	33.3	2.2	5.1	1,965
	{ Max ..	5	31.0	34.5	45.2	3.1	6.2	2,600
	{ Avg ..	5	23.0	29.9	38.9	2.6	5.6	2,245
Roquefort	1		39.3	22.6	29.5	1.8	6.8	1,700
Swiss	{ Min ..	2	28.9	26.1	33.2	.9	4.4	1,920
	{ Max ..	2	33.8	29.1	36.7	1.7	5.2	2,105
	{ Avg ..	2	31.4	27.6	34.9	1.3	4.8	2,010
Whole milk ²	{ Min ..	19	27.0	17.9	25.0		2.5	1,690
	{ Max ..	19	38.0	37.0	44.6	8.8	4.8	2,215
	{ Avg ..	19	33.7	26.0	34.2	2.3	3.8	1,965
Partly skimmed ²	{ Min ..	3	34.8	23.5	23.7	2.3	3.2	1,580
	{ Max ..	3	42.0	27.6	34.5	4.9	3.4	1,965
	{ Avg ..	3	38.2	25.4	29.5	3.6	3.3	1,785
Skim-milk ²	{ Min ..	9	41.2	26.3	6.8	2.0	2.4	1,010
	{ Max ..	9	53.1	38.4	27.8	9.0	5.1	1,740
	{ Avg ..	9	45.7	31.5	16.4	2.2	4.2	1,320
Imitation full cream, Oleo	1		37.9	25.9	31.7		4.5	1,820
Miscellaneous.								
Gelatine	{ Min ..	6	9.6	82.2			1.4	1,545
	{ Max ..	6	15.4	88.3	.4		4.4	1,655
	{ Avg ..	6	13.6	84.2	.1		2.1	1,570
Isinglass, sturgeon	1		19.0	77.4	1.6		2.0	1,510
Spinal column, sturgeon	1		17.7	76.9	.8		4.6	1,465
Mince-meat, commercial	{ Min ..	3	20.8	1.4	.8	56.7	1.1	1,125
	{ Max ..	3	39.7	14.6	2.2	67.4	7.1	1,420
	{ Avg ..	3	27.7	6.7	1.4	60.2	4.0	1,305
Mince-meat, homemade	{ Min ..	2	56.6	3.4	4.9	28.6	1.0	905
	{ Max ..	2	56.9	4.7	7.3	34.1	2.5	930
	{ Avg ..	2	56.8	4.0	6.1	31.3	1.8	915
Animal and other fats, except butter:								
Tallow, refined					100.0			4,220
Lard, refined					100.0			4,220
Cottolene					100.0			4,220
Oleomargarine	{ Min ..	35	6.9	.1	74.9		3.1	3,190
	{ Max ..	35	11.5	4.8	88.8		12.9	3,765
	{ Avg ..	35	9.3	1.3	82.7		6.7	3,515
VEGETABLE FOOD.								
Wheat flours, meals, etc.								
California fine flour	{ Min ..	3	12.4	7.2	1.2	73.9	.4	1,590
	{ Max ..	3	15.6	8.8	1.6	77.8	.5	1,660
	{ Avg ..	3	13.8	7.9	1.4	76.4	.5	1,625
Entire wheat flour	{ Min ..	5	10.1	13.1	1.9	69.5	1.0	1,635
	{ Max ..	5	13.1	15.5	2.1	72.1	1.5	1,700
	{ Avg ..	5	12.1	14.2	1.9	70.6	1.2	1,660
Graham flour	{ Min ..	6	10.3	11.3	1.5	66.0	1.7	1,615
	{ Max ..	6	13.7	15.5	3.6	72.0	2.4	1,710
	{ Avg ..	6	11.8	13.7	2.2	70.3	2.0	1,655
Graham flour, California	1		12.1	8.5	2.0	75.8	1.6	1,650
Low grade flour	{ Min ..	6	9.3	10.0	1.0	64.2	.7	1,640
	{ Max ..	6	12.6	17.9	3.9	75.9	2.0	1,735
	{ Avg ..	6	11.4	13.9	2.6	70.8	1.3	1,685
Roller process flour	{ Min ..	100	9.4	8.3	.6	70.0	.3	1,615
	{ Max ..	100	14.3	14.9	2.0	77.9	.8	1,705
	{ Avg ..	100	12.5	11.3	1.1	74.6	.5	1,645

¹ Protein by difference.² American.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
VEGETABLE FOOD—continued.									
Wheat flours, meals, etc.—Continued.									
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Spring wheat flour	{ Min	19	8.8	8.6	.5	71.4	.3	1,630	
	{ Max	19	13.5	14.4	1.3	78.5	1.1	1,705	
	{ Avg.	19	11.6	11.8	1.1	75.0	.5	1,660	
Winter wheat flour	{ Min	13	10.3	8.5	.5	73.2	.4	1,530	
	{ Max	13	14.4	12.3	1.3	78.5	.8	1,665	
	{ Avg.	13	12.5	10.4	1.0	75.6	.5	1,640	
Unclassified flour	{ Min	31	10.7	8.4	.6	71.8	.3	1,625	
	{ Max	31	13.5	13.3	1.5	78.9	1.8	1,675	
	{ Avg.	31	12.3	10.7	1.1	75.4	.5	1,650	
Prepared flours	{ Min	7	8.0	9.0	.6	72.5	1.5	1,565	
	{ Max	7	12.9	12.2	2.0	78.6	4.9	1,730	
	{ Avg.	7	10.8	10.1	1.2	74.3	3.6	1,620	
Beck's Breakfastina	{	1	9.7	11.4	1.7	75.9	1.3	1,695	
Cerealine	{	1	10.6	9.4	1.0	78.6	.4	1,680	
Crushed wheat	{ Min	2	9.8	11.9	1.5	74.0	1.4	1,665	
	{ Max	2	11.1	12.0	1.8	75.1	1.4	1,695	
	{ Avg.	2	10.5	11.9	1.7	74.5	1.4	1,680	
Macaroni and vermicelli	{ Min	25	9.1	7.9		66.7	.3	1,540	
	{ Max	25	12.3	16.6	5.2	78.4	7.0	1,770	
	{ Avg.	25	10.8	11.7	1.6	72.9	3.0	1,640	
Rex wheat	{	1	10.4	11.4	2.1	74.5	1.6	1,685	
Wheat germ meal	{	1	11.7	11.4	2.2	73.7	1.0	1,675	
Wheatlet	{	1	10.4	12.3	1.4	75.0	.9	1,685	
White wheat farina	{ Min	2	8.7	10.4	1.0	77.0	.1	1,690	
	{ Max	2	10.7	11.7	1.8	78.2	.4	1,715	
	{ Avg.	2	9.7	11.1	1.4	77.6	.2	1,710	
Other flours, meals, etc.									
Barley meal	{ Min	3	9.9	9.0	1.5	70.4	1.6	1,535	
	{ Max	3	13.6	12.7	3.2	74.5	3.8	1,681	
	{ Avg.	3	11.9	10.5	2.2	72.8	2.6	1,640	
Barley, pearled	{ Min	2	9.8	8.4	.7	77.3	1.0	1,625	
	{ Max	2	11.8	10.1	1.2	78.1	1.6	1,675	
	{ Avg.	2	10.8	9.3	1.0	77.6	1.3	1,660	
Buckwheat flour	{ Min	10	12.1	3.9	.5	71.6	.5	1,560	
	{ Max	10	17.6	8.2	1.8	80.7	1.3	1,630	
	{ Avg.	10	14.3	6.1	1.0	77.2	1.4	1,590	
Buckwheat flour, self-rising	{ Min	3	11.2	5.5	.8	73.4	4.5	1,510	
	{ Max	3	13.4	7.9	1.2	75.8	6.7	1,590	
	{ Avg.	3	12.2	6.8	1.0	74.7	5.3	1,560	
Buckwheat, farina	{ Min	2	10.6	3.3	.3	83.4	.4	1,650	
	{ Max	2	11.2	4.8	.6	84.8	.6	1,665	
	{ Avg.	2	10.9	4.1	.4	84.1	.5	1,660	
Corn meal, bolted	{ Min	9	8.8	7.8	1.3	68.4	.5	1,535	
	{ Max	9	17.9	9.7	4.0	80.3	1.9	1,720	
	{ Avg.	9	12.9	8.9	2.2	75.1	.9	1,655	
Corn meal, un- bolted.	{ Edible portion	5	10.9	7.8	4.5	73.4	1.3	1,720	
	{	Max	5	12.1	8.6	4.7	75.4	1.4	1,740
	{	Avg.	5	11.4	8.2	4.6	74.5	1.3	1,730
	{ As purchased	Min	5	14.2	9.2	6.5	55.7	1.0	1,305
	{	Max	5	124.1	10.4	7.8	4.4	72.2	1.3
	{ Avg.	5	10.5	10.2	7.3	4.1	66.7	1.2	1,550
Corn, hominy	{ Min	5	9.6	6.8	.4	77.3	.2	1,515	
	{ Max	5	13.6	9.5	.7	81.3	.7	1,665	
	{ Avg.	5	11.9	8.2	.6	78.9	.4	1,645	
Corn, pop, raw	{ Min	4	8.6	9.7	4.2	70.7	1.2	1,700	
	{ Max	4	12.6	13.2	6.0	72.3	1.7	1,795	
	{ Avg.	4	10.8	11.2	5.2	71.4	1.4	1,755	
Corn, pop, popped	{ Min	2	4.1	10.3	4.7	78.6	1.3	1,870	
	{ Max	2	4.4	11.1	5.4	78.7	1.4	1,880	
	{ Avg.	2	4.3	10.7	5.0	78.7	1.3	1,875	
Oatmeal	{ Min	13	2.9	12.9	6.0	64.5	1.5	1,815	
	{ Max	13	8.8	19.1	8.8	70.2	2.2	1,870	
	{ Avg.	13	7.2	15.6	7.3	68.0	1.9	1,860	
Oats, rolled	{ Min	11	1.8	14.6	5.8	62.8	1.7	1,760	
	{ Max	11	11.2	18.4	8.8	71.8	2.5	1,975	
	{ Avg.	11	7.2	16.9	7.2	66.8	1.9	1,860	
Rice	{	13	11.4	5.9	.1	77.7	.3	1,600	
	{	Max	13	13.3	9.5	.7	80.9	.5	1,655
	{	Avg.	13	12.4	7.8	.4	79.0	.4	1,630
Rice, boiled	{	1	52.7	5.0	.1	41.9	.3	875	
Rice, flour	{ Min	5	3.7	4.7	1.7	57.3	6.6	1,590	
	{ Max	5	11.5	12.0	12.7	79.2	10.7	1,810	
	{ Avg.	5	9.1	9.1	7.4	65.9	8.5	1,705	

¹ Refuse, bran removed by sifting.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
VEGETABLE FOOD—continued.								
Other flours, meals, etc.—Continued.								
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Rye meal or flour	{ Min .. 7		11.9	6.0	.8	77.6	.6	1,615
	{ Max .. 7		13.6	8.8	1.3	79.8	.9	1,650
	{ Avg .. 7		12.7	7.1	.9	78.5	.8	1,630
Bread, crackers, and pastry.								
Bread:								
White	{ Min .. 108		26.0	7.3	.2	42.0	.6	940
	{ Max .. 108		49.1	15.4	3.8	60.7	1.9	1,415
	{ Avg .. 108		35.4	9.5	1.2	52.8	1.1	1,205
Brown	{ Min .. 1		40.0	5.0	2.4	50.7	1.9	1,135
	{ Max .. 2		28.4	6.9	2.3	40.3	3.0	975
	{ Avg .. 12		47.5	10.1	3.1	54.3	4.1	1,330
Corn, johnny cake	{ Min .. 12		38.0	8.5	2.7	47.3	3.5	1,150
	{ Max .. 1		10.5	9.1	.3	79.0	1.1	1,650
	{ Avg .. 1		35.7	11.1	2.4	48.6	2.2	1,210
Cassava	{ Min .. 2		30.5	7.4	1.4	53.3	1.4	1,230
	{ Max .. 2		34.2	9.5	2.3	58.4	1.6	1,320
	{ Avg .. 2		32.3	8.5	1.8	55.9	1.5	1,275
Gluten	{ Min .. 4		30.0	8.4	.4	52.2	1.0	1,180
	{ Max .. 4		35.0	11.1	1.2	59.7	2.1	1,305
	{ Avg .. 4		31.8	10.1	.7	55.9	1.5	1,255
Rye and wheat	{ Min .. 1		35.3	11.9	.3	51.5	1.0	1,190
	{ Max .. 1		26.7	8.5	9.6	54.4	.8	1,575
	{ Avg .. 2		31.2	8.5	2.0	52.5	1.1	1,300
Rolls, milk	{ Min .. 2		34.0	9.6	3.9	55.8	1.4	1,300
	{ Max .. 2		32.6	9.1	3.0	54.1	1.2	1,300
	{ Avg .. 2		18.4	8.6	.4	56.7	.7	1,350
Rolls, water	{ Min .. 3		26.9	11.9	9.4	64.7	1.0	1,610
	{ Max .. 3		23.3	10.2	5.2	60.4	.9	1,530
	{ Avg .. 3		18.4	8.5	.4	52.5	.7	1,300
Rolls, wheat, white	{ Min .. 6		34.0	11.9	9.6	64.7	1.4	1,610
	{ Max .. 6		26.9	9.6	5.2	57.3	1.0	1,465
	{ Avg .. 6		22.9	9.3	13.7	52.6	1.5	1,730
Biscuit	{ Min .. 1		23.6	9.4	7.2	59.1	.7	1,575
	{ Max .. 1		36.7	7.9	4.8	49.7	.9	1,275
	{ Avg .. 2		26.6	7.6	6.8	49.0	.8	1,340
Buns, cinnamon	{ Min .. 2		35.3	8.3	9.4	54.9	1.3	1,575
	{ Max .. 2		31.0	8.0	8.1	51.9	1.0	1,455
	{ Avg .. 2		23.6	7.6	4.8	49.0	.7	1,340
Buns, hot cross	{ Min .. 4		36.7	9.4	9.4	59.1	1.3	1,575
	{ Max .. 4		30.5	8.3	7.1	53.2	.9	1,445
	{ Avg .. 4		30.5	8.3	7.1	53.2	.9	1,445
Average all analyses of rolls	{ Min .. 6		34.0	11.9	9.6	64.7	1.4	1,610
	{ Max .. 6		26.9	9.6	5.2	57.3	1.0	1,465
	{ Avg .. 6		22.9	9.3	13.7	52.6	1.5	1,730
Buns, sugar	{ Min .. 1		23.6	9.4	7.2	59.1	.7	1,575
	{ Max .. 1		36.7	7.9	4.8	49.7	.9	1,275
	{ Avg .. 2		26.6	7.6	6.8	49.0	.8	1,340
Buns, hot cross	{ Min .. 2		35.3	8.3	9.4	54.9	1.3	1,575
	{ Max .. 2		31.0	8.0	8.1	51.9	1.0	1,455
	{ Avg .. 2		23.6	7.6	4.8	49.0	.7	1,340
Average of all buns	{ Min .. 4		36.7	9.4	9.4	59.1	1.3	1,575
	{ Max .. 4		30.5	8.3	7.1	53.2	.9	1,445
	{ Avg .. 4		30.5	8.3	7.1	53.2	.9	1,445
Cake:								
Baker's	{ Min .. 1		28.3	4.6	5.9	60.5	.7	1,460
	{ Max .. 2		28.1	8.3	6.3	52.4	.7	1,395
	{ Avg .. 2		32.0	9.0	6.8	55.4	1.0	1,485
Coffee	{ Min .. 2		30.1	8.6	6.6	53.9	.8	1,440
	{ Max .. 2		16.3	6.6	2.5	73.8	.8	1,600
	{ Avg .. 1		16.6	7.6	14.7	60.3	.8	1,880
Cup	{ Min .. 3		11.4	5.3	8.6	58.3	1.3	1,545
	{ Max .. 3		26.5	7.5	10.6	67.3	3.4	1,835
	{ Avg .. 3		17.7	6.2	9.4	64.3	2.4	1,705
Frosted	{ Min .. 3		14.4	5.3	9.3	60.9	1.4	1,720
	{ Max .. 3		18.1	6.7	12.6	67.5	2.2	1,790
	{ Avg .. 3		16.9	6.2	10.5	64.7	1.7	1,760
Fruit	{ Min .. 1		16.1	5.4	9.5	64.7	4.3	1,705
	{ Max .. 1		18.5	7.1	9.3	63.9	1.2	1,715
	{ Avg .. 1		6.3	5.7	6.4	69.4	1.6	1,665
Gingerbread	{ Min .. 2		16.9	7.3	12.8	71.1	2.5	2,000
	{ Max .. 2		11.6	6.5	9.6	70.3	2.0	1,830
	{ Avg .. 2		6.3	4.6	2.5	52.4	.7	1,395
Average of all cake	{ Min .. 8		32.0	9.0	14.7	73.8	2.5	1,880
	{ Max .. 8		20.4	7.0	8.1	63.4	1.1	1,650
	{ Avg .. 8		4.5	6.0	8.1	74.4	1.5	1,925
Cookies, molasses	{ Min .. 3		5.7	6.8	11.8	78.4	2.4	1,995
	{ Max .. 3		5.1	6.5	9.5	76.9	2.0	1,950
	{ Avg .. 3		4.5	4.5	5.3	69.4	1.1	1,875
Cookies, sugar	{ Min .. 3		10.4	8.0	11.2	84.4	3.4	1,915
	{ Max .. 3		7.1	6.8	8.9	75.3	1.9	1,900
	{ Avg .. 3		8.2	10.7	9.9	68.8	2.4	1,895
Crackers, Boston	{ Min .. 1		6.9	9.2	13.6	69.4	.9	2,035
	{ Max .. 1		7.0	9.3	13.1	69.2	1.4	2,010
	{ Avg .. 1		5.0	9.8	13.6	69.7	1.9	2,050
Crackers, cream or milk	{ Min .. 1		4.9	10.4	13.7	69.6	1.4	2,065
	{ Max .. 2		3.8	10.7	4.8	70.9	.9	1,855
	{ Avg .. 2		4.8	11.3	12.7	77.5	2.6	2,035
Crackers, oatmeal	{ Min .. 2		4.3	11.0	8.8	74.2	1.7	1,955
	{ Max .. 2		4.3	11.0	8.8	74.2	1.7	1,955
	{ Avg .. 2		4.3	11.0	8.8	74.2	1.7	1,955

¹Except frosted, fruit, and gingerbread.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbolydrates.	Ash.	Fuel value per pound.
VEGETABLE FOOD—continued.								
<i>Bread, crackers, and pastry—Continued.</i>								
Crackers, pilot bread	1	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Crackers, soda	1							
Doughnuts	5							
Jumbles	1							
Pie, apple	3							
Pie, cream	2							
Pie, custard	1							
Pie, lemon	1							
Pie, mince	2							
Pie, squash	1							
Average of all pie	10							
Pudding, tapioca	2							
Wafers, vanilla	1							
<i>Sugars.</i>								
Honey, strained	30							
Molasses	12							
Sugar, extra C and similar sugars	12							
Sugar, granulated	17							
Sugar, maple	17							
Sirup, maple	50							
<i>Starches.</i>								
Tapioca	2							
Starch	2							
<i>Vegetables.¹</i>								
Artichokes, as purchased	2							
Asparagus, as purchased	3							
Beans, dried, as purchased	9							
Beans, Lima, dried, as purchased	3							
Beans, Lima, green, as purchased	1							
Beans, string, as purchased	2							
Beets	17							
Brussels sprouts	1							
Cabbage	7							

¹Such vegetables as potatoes, squash, beets, etc., have a certain amount of inedible matter, skin, seeds, etc. The amount varies with the way they are prepared, and can not be accurately estimated. The figures given for refuse under vegetables approximately represent the average amount of refuse in these foods as ordinarily prepared.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
VEGETABLE FOOD—continued.									
Vegetables—Continued.									
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Carrots	{ Edible portion	{ Min	83.1	.7		6.5	.6	155	
	{	{ Max	91.1	2.0	.7	13.8	1.6	255	
	{	{ Avg	88.2	1.1	.4	9.2	1.1	210	
	{ As purchased	{ Avg	20.0	.9	.3	7.4	.9	170	
Cauliflower, head, as purchased	1		90.8	1.6	.8	6.0	.8	175	
Celery, as purchased	1		94.4	1.4	.1	3.0	1.1	85	
Corn, green (sweet), edible portion	1		81.3	2.8	1.1	14.1	.7	360	
Cucumbers	{ Edible portion	{ Min	95.7	.8	.2	2.2	.5	65	
	{	{ Max	96.3	.8	.2	2.8	.9	75	
	{	{ Avg	96.0	.8	.2	2.5	.5	70	
	{ As purchased	{ Avg	15.0	.7	.2	2.1	.4	60	
Eggplant, as purchased	1		92.9	1.2	.3	5.1	.5	130	
Greens, as purchased	{	{ Min	81.4	2.4	.8	7.1	2.5	265	
	{	{ Max	84.4	5.2	1.0	10.6	4.6	285	
	{	{ Avg	82.9	3.8	.9	8.9	3.5	275	
	{	{ Min	90.9	1.7	.1	5.4	1.3	140	
Kohl rabi, as purchased	{	{ Max	91.3	2.3	.1	5.6	1.3	145	
	{	{ Avg	91.1	2.0	.1	5.5	1.3	145	
	{	{							
Leeks	{ Edible portion	{ Min	91.8	1.2	.5	5.8	.7	150	
Lentils, as purchased	1	15.0	78.0	1.0	.4	5.0	.6	130	
	1		10.7	26.0	1.5	58.6	3.2	1,635	
Lettuce	{	{ Min	91.5	1.0	.2	2.1	.8	60	
	{	{ Max	95.9	1.8	.6	4.9	1.2	150	
	{	{ Avg	94.0	1.3	.4	3.3	1.0	105	
	{ As purchased	{ Avg	18.0	77.1	1.1	.3	2.7	.8	85
Okra, as purchased	1		87.4	2.0	.4	9.5	.7	230	
Onions	{	{ Min	81.5	.2	.2	4.4	.4	120	
	{	{ Max	93.5	4.4	.8	15.5	1.2	335	
	{	{ Avg	87.3	1.7	.4	9.9	.7	235	
	{ As purchased	{ Avg	10.0	78.6	1.5	.4	8.9	.6	210
Parsnips	{	{ Min	79.5	1.5	.4	15.5	1.5	340	
	{	{ Max	80.3	1.9	.8	16.7	1.9	375	
	{	{ Avg	79.9	1.7	.6	16.1	1.7	355	
	{ As purchased	{ Avg	20.0	63.9	1.3	.5	12.9	1.4	285
Peas, dried as purchased	{	{ Min	8.5	20.4	.9	50.1	2.2	1,555	
	{	{ Max	15.0	26.3	1.3	67.4	2.9	1,685	
	{	{ Avg	10.8	24.1	1.1	61.5	2.5	1,640	
	{	{ Min	10.0	19.3	1.2	53.1	2.9	1,450	
Peas, cowpeas, dried, as purchased	{	{ Max	20.9	23.0	1.6	65.4	3.8	1,650	
	{	{ Avg	13.0	21.3	1.4	60.9	3.4	1,590	
	{	{							
Peas, green	{ Edible portion	{ Min	78.1	4.4	.5	16.1	.9	400	
	{ As purchased	{ Min	50.0	39.0	2.2	.3	8.0	.5	200
Peas, sugar, green, as purchased	1		81.8	3.4	.4	13.7	.7	335	
Pickles, cucumber, as purchased	1		89.0	.5	.5	5.4	4.6	130	
Pickles, horse-radish, as purchased	1		87.5	1.2	.2	9.6	1.5	210	
Potatoes, boiled, as purchased	{	{ Min	69.7	2.6	.1	20.2	.9	430	
	{	{ Max	76.0	3.0	.4	25.5	1.4	545	
	{	{ Avg	73.7	2.7	.2	22.3	1.1	475	
Potato chips, fried, as purchased	1		1.8	7.6	35.5	50.6	4.5	2,580	
Potatoes, raw	{	{ Min	67.8	1.1		15.6	.6	315	
	{	{ Max	82.2	3.0	.2	27.4	1.9	570	
	{	{ Avg	78.9	2.1	.1	18.0	.9	380	
	{ As purchased	{ Avg	15.0	67.1	1.8	.1	15.3	.7	325
Potatoes, sweet	{	{ Min	45.8	.4	.2	17.1	.8	385	
	{	{ Max	79.0	3.6	1.3	49.1	2.0	1,175	
	{	{ Avg	69.3	1.8	.7	27.1	1.1	565	
	{ As purchased	{ Avg	15.0	58.9	1.5	.6	23.1	.9	480
Pumpkins	{	{ Min	92.3	.9	.1	3.9	.6	95	
	{	{ Max	94.4	1.1	.2	5.9	.7	135	
	{	{ Avg	93.1	1.0	.1	5.2	.6	120	
	{ As purchased	{ Avg	50.0	46.6	.5		2.6	.3	60
Radishes	{	{ Min	86.6	.5		5.4	.7	115	
	{	{ Max	93.3	3.0	.3	8.3	1.8	225	
	{	{ Avg	90.8	1.4	.1	6.6	1.1	155	
	{ As purchased	{ Avg	30.0	63.6	1.0	.1	4.6	.7	110
Rhubarb	{	{ Min	92.7	.3	.1	2.9	.6	65	
	{	{ Max	96.1	.8	1.2	4.4	.9	145	
	{	{ Avg	94.4	.6	.7	3.6	.7	105	
	{ As purchased	{ Avg	40.0	56.6	.4	.4	2.2	.4	65
Ruta-bagas	{	{ Min	87.1	.9	.1	6.2	.7	135	
	{	{ Max	91.8	2.0	.3	10.3	1.4	220	
	{	{ Avg	88.9	1.3	.2	8.5	1.1	190	
	{ As purchased	{ Avg	30.0	62.2	.9	.1	6.0	.8	135

¹Refuse, pods.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
VEGETABLE FOOD—continued.									
Vegetables—Continued.									
		Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.	
Sauerkraut, as purchased	1	86.3	1.5	.8	4.4	7.0	145		
Spinach, as purchased	1	92.4	2.1	.5	3.1	1.9	120		
Squash	{ Min ..	78.9	.6	.1	3.5	.4	90		
	{ Max ..	95.2	3.6	1.4	16.4	1.6	385		
	{ Avg ..	86.5	1.6	.6	10.4	.9	245		
	{ As purchased ..	7	50.0	43.3	.8	3	5.2	4	125
Tomato catsup, as purchased	1	77.7	2.0	.4	16.1	3.8	355		
Tomatoes, as purchased	{ Min ..	20	91.3	.7	.3	2.2	.3	75	
	{ Max ..	20	96.3	1.0	.5	6.5	.7	160	
	{ Avg ..	20	94.4	.8	.4	3.9	.5	105	
	{ Min ..	14	70.1	.7	.1	4.3	.6	120	
Turnips	{ Max ..	14	92.7	3.9	.4	23.8	2.1	520	
	{ Avg ..	14	88.9	1.4	.2	8.7	.8	195	
	{ As purchased ..	14	30.0	62.2	1.0	.1	6.4	.6	135
	Yeast, as purchased	1	65.1	11.7	.4	21.0	1.8	625	
Vegetables, canned.									
Artichokes, as purchased	{ Min ..	3	90.2	.5	3.2	1.4	85		
	{ Max ..	3	93.9	1.0	6.2	2.2	140		
	{ Avg ..	3	92.5	.8	5.0	1.7	110		
	{ Min ..	14	92.9	.9	2.2	.8	70		
Asparagus, as purchased	{ Max ..	14	95.4	2.4	4.1	1.8	120		
	{ Avg ..	14	94.4	1.5	.1	2.8	1.2	85	
	{ Min ..	15	50.9	5.1	1.3	13.1	1.7	425	
	{ Max ..	15	78.2	8.1	6.7	23.2	2.6	965	
Beans and pork, baked, as purchased.	{ Avg ..	15	68.0	6.9	3.3	19.7	2.1	665	
	{ Min ..	28	77.3	.6	2.0	.5	45		
	{ Max ..	28	96.3	4.0	.5	3.5	4.7	345	
	{ Avg ..	28	93.6	1.1	.1	3.9	1.3	95	
Beans, French string, "haricot verts," as purchased.	{ Min ..	7	94.3	.9	2.1	.9	55		
	{ Max ..	7	96.1	1.4	.3	3.0	1.3	95	
	{ Avg ..	7	95.2	1.1	.1	2.5	1.1	70	
	{ Min ..	3	80.4	4.0	10.8	1.0	280		
Beans, French string, "haricot flageolets," as purchased.	{ Max ..	3	83.9	5.2	.1	13.4	1.0	350	
	{ Avg ..	3	81.6	4.6	.1	12.5	1.2	320	
	Beans, French string, "haricot panachés," as purchased	1	86.1	3.7	9.2	1.0	240		
	Beans, Lima, as purchased	{ Min ..	16	75.7	3.2	.2	10.5	1.0	280
{ Max ..		16	83.9	5.6	.5	17.9	2.6	445	
{ Avg ..		16	79.5	4.0	.3	14.6	1.6	360	
Beans, shelled, as purchased		1	72.7	7.0	.2	18.5	1.6	480	
Brussels sprouts, as purchased	1	93.7	1.5	.1	3.4	1.3	95		
Corn, green, as purchased	{ Min ..	48	68.3	2.2	.7	11.5	.5	310	
	{ Max ..	48	83.7	3.7	1.9	23.5	1.6	610	
	{ Avg ..	48	75.7	2.8	1.3	19.3	.9	465	
	{ Min ..	2	83.6	1.2	.4	6.4	.5	160	
Corn and tomatoes, as purchased ..	{ Max ..	2	91.5	2.1	.4	12.7	1.2	295	
	{ Avg ..	2	87.6	1.6	.4	9.6	.8	225	
	{ Min ..	5	91.5	.7	2.3	.8	55		
	{ Max ..	5	95.9	1.7	5.7	1.2	135		
Macedoine, ¹ as purchased	{ Avg ..	5	93.1	1.4	4.5	1.0	110		
	{ Min ..	4	94.0	.5	3.3	.3	75		
	{ Max ..	4	94.9	.9	.2	3.9	1.7	95	
	{ Avg ..	4	94.4	.7	.1	3.6	1.2	85	
Okra, as purchased	{ Min ..	3	91.4	1.1	.2	4.8	1.4	125	
	{ Max ..	3	92.3	1.2	.3	5.7	1.8	135	
	{ Avg ..	3	91.8	1.1	.3	5.2	1.6	130	
	{ Min ..	87	77.5	1.6		4.9	.3	130	
Peas, green (<i>Pisum sativum</i>), as purchased.	{ Max ..	87	92.7	6.1	.8	17.4	2.0	415	
	{ Avg ..	87	85.3	3.6	.2	9.8	1.1	255	
	{ Min ..	2	42.0	1.3	.3	29.2	.8	565	
	{ Max ..	2	68.4	2.6	.5	53.6	1.3	1,065	
Potatoes, sweet, as purchased	{ Avg ..	2	55.2	1.9	.4	41.4	1.1	820	
	{ Min ..	7	88.2	.5	.1	4.7	.4	100	
	{ Max ..	7	94.3	1.2	.4	9.6	1.5	205	
	{ Avg ..	7	91.6	.8	.2	6.7	.7	150	
Squash, as purchased	{ Min ..	5	85.6	.2	.1	8.2	.2	185	
	{ Max ..	5	89.9	1.6	1.2	13.9	.7	260	
	{ Avg ..	5	87.6	.9	.5	10.5	.5	235	
	{ Min ..	11	71.4	2.9	.7	14.9	.7	375	
Succotash, as purchased	{ Max ..	11	79.9	4.4	1.2	22.4	1.4	495	
	{ Avg ..	11	75.9	3.6	.9	18.7	.9	455	
	{ Min ..	14	93.0	.3	.2	2.3	.4	80	
	{ Max ..	14	95.6	1.6	.3	5.2	1.2	135	
Tomatoes, as purchased	14	94.0	1.2	.2	4.0	.6	105		

¹ A mixture of young vegetables.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
VEGETABLE FOOD—continued.								
<i>Fruit, berries, etc., fresh.¹</i>		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Apples	{ Min .. 10	77.3	.1	.2	11.9	.2		300
	{ Max .. 10	84.1	.8	1.4	21.3	.6		425
	{ Avg .. 10	82.0	.5	.5	16.6	.4		340
	{ As purchased .. Avg .. 10	25.0	61.5	.4	.4	12.4	.3	255
Apricots	{ Edible portion .. Avg .. 11		85.0	1.1		13.4	.5	270
	{ As purchased .. Avg .. 11	6.0	79.9	1.0		12.6	.5	255
	{ Min .. 3		66.3	.6	.2	15.4	.9	330
	{ Max .. 3		82.1	1.6	1.4	29.8	1.1	640
	{ Avg .. 3		74.1	1.2	.8	22.9	1.0	480
	{ As purchased .. Avg .. 3	40.0	44.5	.7	.5	13.7	.6	290
Bananas, yellow	{ Edible portion .. Avg .. 1		88.9	.9	2.1	7.5	.6	245
Blackberries, as purchased	{ Min .. 1		86.1	1.1	.8	11.4	.6	265
Cherries, edible portion	{ Max .. 1		25.6	.4	.6	72.5	.9	1,350
Citron melons, dried, as purchased	{ Avg .. 1		87.6	.4	.6	9.3	.2	205
	{ Min .. 2		89.4	.5	.9	10.9	.2	250
	{ Max .. 2		88.5	.5	.7	10.1	.2	225
Cranberries, as purchased	{ Avg .. 28		79.1	1.5		18.8	.6	380
Figs, fresh, as purchased	{ Edible portion .. 4		78.8	1.3	1.7	17.7	.5	425
Grapes	{ As purchased .. 4	25.0	59.1	1.0	1.3	13.3	.3	320
	{ Min .. 2		88.4	.8	.3	8.2	.5	180
	{ Max .. 2		90.2	1.1	1.5	8.5	.5	240
	{ Avg .. 2		89.3	1.0	.9	8.3	.5	210
	{ As purchased .. Avg .. 2	30.0	62.5	.7	.6	5.8	.4	145
Lemons	{ As purchased .. Avg .. 23		85.0	1.0	.1	13.4	.5	270
Lemon juice, as purchased						9.8		
Muskmelons	{ Edible portion .. 1		89.5	.6		9.3	.6	185
	{ As purchased .. 1	50.0	44.8	.3		4.6	.3	90
	{ Edible portion .. 1		82.9	.6		15.9	.6	305
	{ As purchased .. 1	6.6	77.4	.6		14.8	.6	285
Nectarines	{ Edible portion .. 13		88.3	.8	3.6	29.7	3.6	220
	{ As purchased .. 13	27.0	64.5	.6	3.4	7.1	3.4	160
Oranges	{ Edible portion .. 1		83.9	.6	.8	14.2	.5	310
	{ As purchased .. 1	25.0	62.9	.5	.6	10.6	.4	235
Pears	{ Edible portion .. 1		89.3	.4	.3	9.7	.3	200
	{ As purchased .. 1		78.4	1.0		20.1	.5	390
Pineapples, edible portion	{ Edible portion .. 3		74.6	1.0		19.1	.5	370
	{ As purchased .. 1	4.8	80.2	.8		18.5	.5	360
Plums	{ Edible portion .. 20		75.6	.7		17.4	.5	335
	{ As purchased .. 1	5.8	85.8	1.0		21.2	.6	255
Prunes, fresh	{ Min .. 19		87.7	.6	.5	4.4	.4	120
	{ Max .. 19		94.0	1.1	1.1	9.7	.8	235
	{ Avg .. 19		90.9	1.0	.7	6.8	.6	175
	{ As purchased .. Avg .. 19	10.0	81.8	.9	.6	6.1	.6	155
Strawberries	{ Edible portion .. 1		92.9	.3	.1	6.5	.2	130
	{ As purchased .. 1	58.0	39.0	.2		2.7	.1	55
Watermelons	{ As purchased .. 1		82.4	.7	3.0	13.5	.4	390
Whortleberries, as purchased								
<i>Fruit, dried.</i>								
Apples, dried, as purchased	{ Min .. 3		28.2	1.2	1.4	48.6	1.4	985
	{ Max .. 3		47.4	1.7	5.0	62.8	2.7	1,405
	{ Avg .. 3		36.2	1.4	3.0	57.6	1.8	1,225
Apricots, dried, as purchased	{ Avg ⁴ .. 3		32.4	2.9		63.3	1.4	1,230
Carrants, Zante, dried, as purchased	{ Min .. 2		20.6	1.0	1.2	60.0	2.2	1,195
	{ Max .. 2		35.1	1.5	4.7	71.4	2.3	1,540
	{ Avg .. 2		27.9	1.2	3.0	65.7	2.2	1,370
Dates, dried	{ Edible portion .. 1		20.8	2.2	5.1	70.4	1.5	1,565
	{ As purchased .. 1	12.0	18.3	1.9	4.5	61.9	1.4	1,375
Figs, dried, as purchased	{ Avg ⁴ .. 1		22.5	5.1		70.0	2.4	1,395
Grapes, ground, dried, as purchased	{ Min .. 1		31.8	2.9	.6	60.5	1.2	1,205
	{ Max .. 1		26.4	2.4	.8	68.9	1.5	1,360
	{ Avg .. 1		22.4	2.0	.7	58.6	1.3	1,155
	{ As purchased .. Avg ⁴ .. 2	15.0						
Prunes, dried	{ Min .. 2		7.1	2.3	2.3	71.3	3.1	1,465
	{ Max .. 2		21.0	2.6	7.2	78.1	5.0	1,805
	{ Avg .. 2		14.0	2.5	1.7	74.7	4.1	1,635
Raisins, as purchased								

¹ Fruits contain a certain proportion of inedible materials, as skin, seeds, etc., which are properly classed as refuse. In some fruits, as oranges and prunes, the amount rejected in eating is practically the same as the refuse. In others, as apples and pears, more or less edible material is ordinarily rejected with the skin, seeds, and other inedible materials. The edible material which is thus thrown away and would be properly classed with the waste is here classed with the refuse. The figures of fruits here given represent, as nearly as can be ascertained, the quantities ordinarily rejected.

² Fat not determined.

³ Fat and ash not determined, but estimated from one incomplete analysis not here included.

⁴ Average unknown number of analyses.

⁵ Fat not determined.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
VEGETABLE FOOD—continued.									
<i>Fruit, canned.</i>									
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Apples, crab, as purchased	1		42.4	.3	2.4	54.4	.5	1,120	
Blackberries, as purchased	1		40.0	.8	2.1	56.4	.7	1,150	
Blueberries, as purchased	{ Min ..	2		84.9	.4	4	12.2	.4	280
	{ Max ..	2		85.7	.8	.9	13.8	.5	280
	{ Avg ..	2		85.3	.6	.7	13.0	.4	280
Peaches, as purchased	1		93.7	.5	.2	5.3	.3	115	
Pineapples, as purchased	1		61.8	.4	.7	36.4	.7	715	
<i>Nuts.</i>									
Chestnuts, fresh {	{ Edible portion { Min ..	5		29.2	6.1	6.4	38.3	1.5	1,185
	{ Max ..	5		44.9	8.0	10.8	54.0	1.8	1,480
	{ Avg ..	5		38.5	6.9	8.0	44.9	1.7	1,300
As purchased {	{ Min ..	5		32.4	5.8	6.7	37.7	1.4	1,090
	{ Max ..	4		4.8	9.0	6.6	65.7	2.6	1,840
	{ Avg ..	4		6.6	11.6	15.3	75.0	2.9	2,085
Chestnuts, dried {	{ Edible portion { Min ..	4		5.8	10.6	10.0	70.9	2.7	1,940
	{ Max ..	4		4.5	8.1	7.7	54.6	2.1	1,490
	{ Avg ..	4		2.8	6.0	51.0	24.1	1.2	2,990
Cocoanut, prepared, as purchased {	{ Min ..	2		4.3	6.5	63.7	39.0	1.4	3,260
	{ Max ..	2		3.5	6.3	57.4	31.5	1.3	3,125
	{ Avg ..	4		4.9	19.5	32.3	15.3	1.9	2,415
Peanuts	{ Edible portion { Min ..	4		13.2	29.1	48.8	40.4	2.4	2,885
	{ Max ..	4		9.2	25.8	38.6	24.4	2.0	2,560
	{ Avg ..	4		83.0	6.2	17.3	25.9	16.3	1.3
<i>Miscellaneous.</i>									
Chocolate	1		10.3	12.5	47.1	26.8	3.3	2,720	
Cocoa	{ Min ..	3		3.2	20.6	27.1	35.3	5.4	2,235
	{ Max ..	3		5.4	22.7	31.5	40.6	8.9	2,370
	{ Avg ..	3		4.6	21.6	28.9	37.7	7.2	2,320

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rye	36	Cocconut, prepared	41
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